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AUTHOR Balding, John
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ABSTRACT

Since 1983 the Health Education Authority Schools Education Unit has been providing a survey service to schools throughout the United Kingdom. The service enables a school to survey the health behavior of boys and girls at different ages. The purpose is to make the planning of programs in Health and Social Education in the schools more realistic. Health behaviors in the areas of substance use, dental care, diet, homework, jobs, leisure, medication, money, physical activity, road use, self-esteem, sharing problems, social activities, smoking, sleeping times, and television habits were examined. The 1988 sample included 33,459 students between the ages of 11 and 16. Trends in these areas are reported: (1) consumption of alcohol; (2) smoking; (3) weight-watching; (4) reasons for cleaning teeth; (5) use of paracetamol or other painkillers; (6) having a regular job during term-time; (7) visiting a disco within the past 2 weeks; and (8) main source of sex information. One-hundred fifty pages of data tables which report results of the surveys are included. Data are divided into the topics of diet; doctor and dentist; health and safety; home; drugs; money; road use and sport; and social and personal. Version 11D of the questionnaire is appended. (ABL)

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Young People in 1988

John Balding

CG0228871

UNIVERSITY OF EXETER

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HEALTH EDUCATION UNIT

Some products of the HEA Schools Health Education Unit

1. Data banks of health-related behaviour

Data on the health-related behaviour of young people, collected by our confidential questionnaire enquiry method since 1980, now totals more than 144,116 boys and girls between the ages of 11 and 16.

2. Data banks of 'health topics' responses

Data gathered through the use of the *Just A Tick* questionnaires since 1983 now includes the responses from about 19,811 pupils, 25,727 parents, and 2,553 school staff and health-care professionals.

Any requests for the use of material from these data banks in research projects should be addressed to the Director.

3. 'Young People in 1986' and 'Young People in 1987'

An analysis of 18,002 pupils in 1986 and 18,407 pupils in 1987 between the ages of 11 and 16 who answered Health Related Behaviour Questionnaire during 1986 and 1987. Described in *The Sunday Times* as 'The biggest survey yet conducted into the lives of young Britons.'

4. Our journal 'Education and Health'

Our journal, published five times a year, is designed to pass on the results of recent research into health-related behaviour, and to provide a forum for debate among teachers, health-education specialists, and others concerned with the healthy development of young people.

For further information about the work of the Unit, the questionnaire services available, other publications on young people and alcohol or illegal drugs, and the use of the data banks for research, contact the Director, John Balding.

HEA Schools Health Education Unit
Higher Hoopern Farm
University of Exeter
Exeter EX4 4QJ

Tel.: Exeter (0392) 264722

Young People in 1988

The Health Related Behaviour Questionnaire results for 33,459 pupils between the ages of 11 and 16

John Balding

Director

HEA Schools Health Education Unit
University of Exeter

1989

UNIVERSITY OF EXETER

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HEA SCHOOLS HEALTH EDUCATION UNIT

The HEA Schools Health Education Unit

John Balding, *Director*
James Muirden, *Publications Officer*
Carolyn Shelley, *Supervisor, Health Related Behaviour service to schools*
Beryl Parkes, *Co-ordination and training, data processing*
Angela Packham, *Secretary*
Sally Forster, *Clerical Assistant*
Diana Bish

Researchers
David Regis
Carolyn Shelley

Data processors
Anna McConachie
Alison Salway
Tracy Moss

This HEA project is located within the School of Education, University of Exeter. The Director of the School of Education is Professor Ted Wragg and the Unit's Project Officer with the HEA is Bill Bellew.

The support received from the staff of the Exeter University Computer Unit, particularly Dr Howard Davies, Neil Brooks, Paul Ellison, and George Foot, is gratefully acknowledged.

HEA Caveat

The sample of young people on which this report is based, though very large, is not a random sample and cannot be taken as nationally representative. However, the sample does represent the opinions of the year groups in those schools which have chosen to participate in the study. The data refer to these year groups, and should not therefore be used to depict the general school population in England.

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Unit data preparation personnel

Chris Barter
Diana Bish
Teresa Code
Elaine Davis
Helen Gwynne
Val Hawkins
Basil Ibbotson
Peter Johnson
Helen King
Anna McConachie
Tracy Moss
Daniel Muirden
Alex Parker
Maureen Pearcy
Debra Pressley
Alison Salway
Doreen Scott
Sally Thorneycroft
Chris Toms
Ruth Treble
Lynne Walmsley
Liz Whittaker
Jane Wood

University of Exeter data preparation personnel

Valerie Cooper
Valerie Jones
Ruth Luffman
Jayne Moore

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The Unit and its Questionnaires

The HEA Schools Health Education Unit, which is located in the School of Education, University of Exeter, exists to support and promote effective health education in primary and secondary schools. This has been achieved through numerous projects, including development of resource packages for classroom use and the generation of materials to accompany a widely-disseminated video about responsible drinking, but the principal projects undertaken by the Unit have been to do with questionnaire development. These are as follows:

1978-85 ***Priority topics for inclusion in the curricula of secondary schools***, as perceived by pupils, parents, teachers, and health-care professionals. Known as *Just One Minute*.

1978-80 *Health Related Behaviour Questionnaire*, Versions 1-6 (initial trials).

1980-82 *Health Related Behaviour Questionnaire*, Version 7.

1982-84 *Health Related Behaviour Questionnaire*, Version 8.

1983 continuing ***Priority topics for inclusion in the curricula of primary and secondary schools***, as perceived by pupils, parents, teachers, and health-care professionals. An extensively-revised version of the earlier 'Just One Minute' questionnaires, and known as *Just A Tick*.

1984-86 *Health Related Behaviour Questionnaire*, Version 10.

1986 continuing Development of questionnaire materials to support the *Coronary Prevention Project* at Exeter University, a major initiative in secondary schools.

1987 *Health Related Behaviour Questionnaire,* Version 11 (with optional 'illegal drugs' questions).

1988 *Health Related Behaviour Questionnaire*, Version 11D (containing 'illegal drugs' questions).

1989 *Health Related Behaviour Questionnaire,* Version 12 (containing AIDS and mental health questions).

It will be obvious from this list that the development of the Health Related Behaviour Questionnaire has been a continuous thread running through our work. To date, more than 800 upper middle and secondary schools in the UK have used it as part of their own curriculum development, and data from over 140,000 pupils between the ages of 11 and 16+ is stored in our data banks at Exeter University.

A school deciding to use the Health Related Questionnaire selects a sample of pupils from the chosen year groups to answer the many questions covering different areas of their daily life at school, at home, and with their friends. The Unit codes the returned anonymous questionnaires and prepares them for computer analysis, and the school receives a set of computer-generated tables showing the percentages of pupils (divided into sex and year group) who gave different answers to the questions. The topic areas covered by the latest version of the Questionnaire include:

AIDS	**Mental health**
Alcohol consumption	**Money**
Dental care	**Physical activity**
Diet	**Road use**
Drugs	**Self-esteem**
Homework	**Sharing problems**
Hygiene	**Smoking**
Jobs	**Social activities**
Leisure pursuits	**Time to bed/Time up**
Medication	**TV, videos, etc.**

The content of the Health Related Behaviour Questionnaire is under regular scrutiny, and from time to time new questions are added — usually in response to prompts from users — and little-used ones are removed.

How is the data collected?

The way in which the questionnaire is used is entirely different from the style of most 'national surveys'. Typically, when planning a national survey, the smallest sample that will give reliable information about a representative cross-section of the community is chosen. Each annual sample from the Health Related Behaviour Questionnaire, on the other hand, is an 'opportunity sample', in that the Schools Health Education Unit exercises little or no control over which schools and which parts

of the country become involved.

Since this method is at variance with the proceedures in the other 'national' surveys, a few remarks in its defence should be made before expecting readers to give full weight to the results. In doing so it may open their eyes to the dangers of accepting 'statistics' uncritically.

It is important to recognise, from the outset, that our Health Related Questionnaire service does not constitute an organised *survey*. We are not selecting a balanced sample of schools and communities, but are responding to requests coming from schools wishing to promote health education and appreciating the value of having a 'profile' of their pupils' health-related behaviour. Naturally there will be clustering of sites, especially if a local initiative supports the use of the Questionnaire by a number of schools simultaneously. However, as the use of the Questionnaire becomes more widespread, the clusters themselves become more numerous and embrace a larger sample of the population, with the result that the 'accidental' sample becomes closer and closer to a 'random' one — as well as being far larger than the numbers in most surveys.

Confidence in the sample is raised by comparing results with those from other surveys of young people's behaviour, such as smoking prevalence studies carried out by the Office of Population Censuses and Surveys (OPCS) * and other research bodies †. Consistency between annual results is further convincing evidence of reliability ‡.

The sample

Choosing a sample on paper, and deriving data from that sample, are different things. In practice, every collection of results is to some extent an 'opportunity sample', particularly where schools are concerned, as many decline the invitation to be included in the survey. Our 1988 data contains the results from 33,459 pupils in 188 schools, 153 being contained in 14 group surveys.

The sample selected by schools is required to reflect the academic cross-section of the year group, which is straightfoward if the questionnaire is completed during non-streamed time.

The database represents the community within large numbers of comprehensive schools or upper middle schools, which in most places offer a coherent sample of their catchment area. If schools selected the recommended sample of the year group (see below), the total effective sample represented in these figures will be considerably larger than the number of questionnaires processed — equivalent to *over 100,000 boys and girls* in 1988, which is a very large sample indeed.

What the survey has produced, therefore, is excellent representation of the regions concerned, although the regions themselves are unevenly represented. The interesting thing is that consecutive annual samples, containing different regional representation, show for the most part excellent consistency. An important conclusion to be drawn from our work is that most aspects of the health-related behaviour of young people are at least as sensitive to circumstances *in the immediate community* as to their geographical location in the British Isles.

Differences between sexes and between regions

The figures presented in this document show clear differences between boys and girls on a nationwide scale. In the group surveys organised by Local Education Authorities and District Health Authorities, comparisons between the behaviour of children from schools grouped according to location * provide information for health care planning in different neighbourhoods. This is in addition to the data the authorities already hold, gathered from other sources.

* Dobbs J. & Marsh A., *Smoking among secondary schoolchildren* (HMSO, 1983).

† Nelson S. C. et al, The Avon prevalence study: a survey of cigarette smoking in secondary schoolchildren (*Health Education Journal*, **44**: 12-15, 1985).

‡ Balding J. W., *We teach them how to drink!* (HEA Schools Health Education Unit, 1989).

* Balding J.W. & Shelley C., Catchment area and health related behaviour (*Education and Health*, **7**,1, 17-22, 1989).

The sample size and its selection

In order to discover a reliable picture of the behaviour of the total year group in a school it is not necessary to include every individual in the sample (although in some schools the decision has been taken to include every individual so that no one feels they have been excluded). The research method used to establish the size of the sample was to carry out the survey of a total, and very large year group numbering around 450 individuals, fairly evenly split between the sexes. By taking many random samples of different sizes and comparing the results for each of these with the results of the total year group it was established that, for this large year group, a sample size of 50 of each sex provided a reliable reflection of the total population for most questions; for some questions in fact, a smaller sample was adequate. This represents a sample size of just over 22%.

The connection between the health of individuals and their socio-economic status is widely accepted *. Links between academic success at school and social background have also been established †. Therefore, to attempt to accommodate this factor in the sampling method, the stated instruction is to select the sample to 'reflect the academic profile of the year group'.

As nearly all surveys have been carried out on year groups which are much smaller than 450, a sample size of 100 selected from these represents a much larger percentage sample than the 22% random sample found adequate in the pilot work. This, coupled with the attention paid to selecting a sample which reflects the academic profile of the year group, gives even more confidence in the extent to which the sample data reflects that of the total year group.

The validity of the responses

What confidence have we in the validity of the individual data returned to schools and stored in the very large data banks accumulating in the University of Exeter? There are two aspects to validity:

* Whitehead, M., *The Health Divide* (HEC, London 1987).

† Lawton, D., *Social class, language, and education* (Routledge & Kegan Paul, 1968).

1. Are the right questions contained in the Questionnaire?
2. Do the answers collected to the questions accurately represent the behaviours of the respondents?

The questionnaire content

The preparation of Version 1 of the Health Related Behaviour Questionnaire in 1978 involved around 50 secondary school teachers in the examination of 30 suggested questions for inclusion. These questions had been taken from an American source, and the teachers were asked to comment on the appropriateness of their structure and relevance with respect to inclusion in the questionnaire. Most of the teachers were highly critical, used their red ink freely over the document, and then produced prototypes of 'better' questions for inclusion. Around 90 questions were produced from this process, reflecting the views of important health issues for these teachers. The structure of the questions was refined in consultation with experienced teachers and with trials and interview work with boys and girls in schools. The bank of questions was also reviewed by professional groups other than teachers, including road safety officers, school nurses, and Health Authority personnel (health education officers and district community physicians).

It is important to note a third process that was applied at this time: circulating the refined list to a number of headteachers and deputy headteachers for their commentary on the sensitivity of inclusion of all the questions. The invitation was to put a red line through any questions which were best excluded because they might cause anxiety amongst some parents. They were not asked for any further information or explanation of any deletions they suggested. This process resulted in the exclusion of all the proposed questions on shoplifting, on vandalism, and many of the questions on sexual behaviour.

Over the ten years of its evolution and development the content has been under continuous scrutiny, and much revision has taken place. Professions other than teaching have been deliberately drawn in to influence the content, but nonetheless the bias of the content probably still mainly reflects the teachers' concept of health behaviour.

It is interesting to note that, at one stage in the development of the Questionnaire, it was possible to have the content

reviewed by numerous teachers around the country who were involved with the Southampton-based 13–18 Health Education Project. Each teacher was invited to assign each question to one of three categories:

Useful *Undecided* *Not relevant*

and they found no difficulty in the task. Most questions were 'Useful', and the one or two considered 'Not relevant' were excluded from subsequent versions. A very few questions received positive approval from some teachers and negative appraisal from others. These were retained, and do draw attention to the differing views that can be held on the relative importance of aspects of health. Two questions producing this polarity of view were in connection with (1) the importance of the amount of sleep a child was getting and (2) whether or not he or she had had breakfast before coming to school.

Individual questions have been revised to meet particular professional needs. For example, the frequency of intake of iron-containing medicines, either prescribed or non-prescribed, is of particular concern, and the modification of Question 33 in Version 11 was intended to meet this need.

Groups of questions have similarly been revised in consequence of the attention paid to the data derived from them. For example, Questions 9–11 in Version 11 were reappraised by road safety officers, and have been once again revised for Version 12. The dietary questions probably receive the most criticism and revision of all sections; each expert who has paid attention to them decides that there is room for improvement, and change results from this attention. The questions connected with TV viewing are another example of evolution, and now distinguish between live or recorded TV programmes, hired video tape viewing, and playing computer games. This has happened over the past six years, in step with (or perhaps a little behind) the changing reported practices of young people.

Another measure that has been applied to the content of the questionnaire is that of the level of use made by the 'consumers' on the return of the summarised data to them. Enquiries reveal that some sections of the questionnaire are much used — for example, consumption of alcohol and tobacco, and diet — whilst others receive little attention. Some sections are receiving more and more use as they become better tailored to meet the needs of the users; the section on sports and physical activities is an example of this type of evolution, and currently enables a comparison between the provision available in school to be made with the variety of activities and the levels of involvement outside school.

Our connections with the Coronary Prevention in Children Project, also based in the School of Education at Exeter University, is prompting us to develop an Index of Physical Activity Level, to enhance further the use that PE teachers and related organisations may make of our data either as it is returned to schools or as made available for research purposes in the data banks.

This continuous review depicted above underpins the level of validity of the questions contained in the current version of the Questionnaire. In addition, we have now developed a service enabling Health Authorities to derive baseline statistics about the young people in their district, to support health-care planning. Possible adaptation of the Questionnaire to meet these needs could lead to a dilution of the teacher-led view of the important health issues involved, and a better balance between the two professions.

Taking back the data

The survey method may well be unique. It is not uncommon in survey procedure for those collecting the data from the respondents to disappear with it and never deliberately reveal it to those who have given assistance in the enquiry, publishing discoveries based on it in professional journals, only read by their peers. The Health Behaviour Survey Method, however, is provided as a service to schools ***with the precise contract to return the results to the schools concerned.*** Those who collect the raw data and who participate in the conditions under which the children completed the questionnaire examine the returned summarised results; furthermore, data returned is intended for use, and often is used with classes of boys and girls who either participated in providing it or are close in age to those who did and live in the same catchment area. What other surveys feed data back in order for it to be scrutinised by those who provided it? The opportunity to discover problems in interpretation, memory and other sources of unreliability is unique.

Interviews

As a result of this methodology there is opportunity for the schools themselves to discover problems in interpretation and memory. A standard practice has also been, throughout the evolution and development of the method, to interview individual boys and girls following their completion of the questionnaire under the conditions set by a teacher supervisor working from the prescribed method. Since the beginning of the work over a hundred different interviewers have participated in this activity. The routine practice involves a team of about eight people experienced in working with young people, some of whom are student teachers and fairly close in age to the schoolchildren, being introduced to the class near the end of the time in which they have been completing the questionnaire.

The team leader explains something of the difficulties of question design and asks for assistance from class members. Examination in the class of one or two difficulties that all can participate in is succeeded by private and confidential interviews between individual members of the class and of the visiting team. The interviewer asks permission to examine the completed questionnaire with the boy or girl and to make notes on it if necessary. The interviewer is particularly looking for misinterpretations, problems of memory, and problems of unreliability arising from children presenting answers which (1) may present them in a better light than is reality or (2) are intended to shock the reader.

Exchanges between team members and supervising staff on these visits are also very valuable in highlighting supervision problems and methods by which they have been or might be resolved which can be passed on to future users. Following the interview excursion the team members, equipped with their annotated completed questionnaires, share in a 'blow-by-blow' discussion of each question. This is an exhausting and exhaustive process by which the knowledge of the quality of each question can be built up and necessary amendments effected in the next version. Added to this is all the written commentary provided by the routine completion of the Supervisor's Notes supplied with the questionnaires.

Validating the questions

The above processes shape the quality of each individual question. One observation to be made is that the longer a question has been contained in the questionnaire the more will be known about it and the more valid are the answers to it likely to be. The level of confidence in the most recently-included questions will be less than for the long-standing questions. The most recently-included questions have been those in connection with illegal drugs, AIDS, and mental health.

There is one question which is known to produce unreliable data, and yet it is retained. It involves memory recall of vaccinations, question number 37 in Version 11. In earlier versions usually more than 50% of boys in most groups would report that they had been vaccinated against Rubella infection; at the time there was no policy anywhere in the UK of vaccinating boys for this disease, although there is now. The purpose of its presence is twofold: (1) its presence has been requested by District Community Physicians for comparison with other records they hold, (2) it raises the issue of the desirability of enabling people to remember or keep records to hand of their history of vaccinations. Schools in receipt of returned survey data need to be warned of this known level of reliability for this particular question.

The overall quality of the data gathered

The question is often raised: *Do pupils report on their own behaviour in a reliable manner?* Factors affecting this problem include errors of memory, and therefore most of the questions are about *recent* behaviour. Bias can also arise if pupils either want to please, and give the answer they expect the questioner to approve of, or to annoy by giving an answer which is expected to disturb the questioner.

The manner in which the data is collected is also vital. With the best possible sample and the best-researched instrument, the value of the data is questionable if the respondent does not enter properly into the spirit of the enquiry. Large numbers of unanswered questions or abused questionnaires signal a doubtful procedure. An important strength of the Health Related Behaviour Questionnaire is that it is not administered

by or on behalf of an external agency, but by the school itself, anxious to derive a set of valid results on which to base curriculum improvements. If a school volunteers to fit the questionnaire administration into its already crowded timetable, then it is serious about the enquiry, and this commitment will be transmitted to the pupils.

From all the work that has gone into the development of the methodology, we know that in every school supervisors can be found who can generate an atmosphere of importance for the task, trust in the confidentiality and anonimity of the exercise, and provide ideal support for the completion of the questionnaire. Under such condititions valid data can be collected. The information returned to the school is only as good as the way in which it was collected. In part this is the outcome of the quality of each question, but the manner and atmosphere in which the data was collected will have the greatest effect on its validity.

A further point which is of particular significance is that it costs the school time, money, or both to carry out the survey. The decision to embark upon it is not taken lightly, and the organisers' attention to detail and interest in securing valid data, processsed and returned within a short time interval, is high.

If the children know that the questionnaires are completely confidential, that they will immediately be sealed in envelopes to be sent away for processing, and that the results will be returned only as a summary in which no individuals can be identified, their motivation to be honest will be reinforced. If, in addition, they feel that what they are doing is important for themselves — that it will affect the work they do in school to their own benefit — they will answer the questions as conscientiously as possible.

A school's own survey results

A routine part of the service is to return summarised data to each school in bound, indexed volumes together with guidelines to the interpretation of the tables of statistics. Each school participating in a group project will receive their separate confidential reports. The aim is to return the processed data within 4–6 weeks.

Many group projects have a post-survey seminar in order to examine the data, to aid teachers with interpretation of the data, and to study their data in the light of results from other schools in their area. A typical programme would include the following:

- *Interpretation of the data*
- *Dissemination to colleagues in school*
- *Curriculum planning from the data*
- *Dissemination to pupils*
- *Use of combined area data*

The Unit's databanks

Data from the various questionnaires listed on page vii is stored in several data banks at the University of Exeter. The number of schools and respondents are tabulated below.

1981
Number of schools = 44
Number of pupils = 9432

1982
Number of schools = 48
Number of pupils = 8011

1983
Number of schools = 71
Number of pupils = 10,674

1984
Number of schools = 70
Number of pupils = 15,205

1985
Number of schools = 87
Number of pupils = 13,529

1986
Number of schools = 97
Number of pupils = 19,753

1987
Number of schools = 169
Number of pupils = 27,628

1988
Number of schools = 204
Number of pupils = 36,115

1989 (up to September)
Number of schools = 104
Number of pupils = 17,236

The 1988 sample

This sample contains a total of 33,459 pupils (17,006 boys and 16,453 girls) between the ages of 11 and 16, in 188 schools in England, Scotland, and Wales, who completed Version 11D of the Health Related Behaviour Questionnaire in 1988. There were 14 group studies which included 153 of the total number of schools which completed the questionnaires. The following information about the sample may be found useful:

Sex by year group

	Boys	*Girls*	*Total*
1st year (11-12)	2082	2118	4200
2nd year (12-13)	4285	4231	8516
3rd year (13-14)	3167	2898	6065
4th year (14-15)	5945	5789	11736
5th year (15-16)	1527	1417	2944
ALL YEARS	17006	16453	33459

Month in which the Questionnaire was completed (% of schools)

	%		%
January	10	July	9
February	14	August	0
March	31	September	1
April	4	October	6
May	6	November	3
June	9	December	5

Day of the week on which the Questionnaire was completed

	% of pupils
Tuesday	28
Wednesday	24
Thursday	26
Friday	22

Percentage of ethnic-minority children in the school

% in school	*% of schools*
0-1%	72
2-5%	18
6-10%	3
11-15%	2
16-20%	2
21-30%	1
31-40%	2
41-50%	1
>50%	1

Percentage of children in the school qualifying for a free meal

% in school	*% of schools*
0-1%	4
2-5%	20
6-10%	27
11-15%	9
16-20%	9
21-30%	13
31-40%	5
41-50%	6
>50%	6

Percentage of children in the school being transported by school bus

% in school	*% of schools*
0-10%	41
11-20%	14
21-30%	9
31-40%	6
41-50%	8
51-60%	9
61-70%	5
71-80%	5
>80%	3

Sex of school population

	% of schools
All-male school	4
All-female school	5
Mixed school	91

Type of school

	% of schools
Middle	2
Comprehensive	83
Grammar	4
Independent	1
Sec. Mod.	8
Special	1

Nature of catchment area

Rural	Suburban	Urban	Inner urban	*% of schools*
100%	–	–	–	13%
75%	25%	–	–	6%
50%	40%	10%	–	13%
10%	50%	40%	–	35%
–	40%	50%	10%	20%
–	10%	40%	50%	5%
–	–	25%	75%	2%
–	–	–	100%	5%

School lunch provision

	% of schools
Cafeteria	78
Set lunch	9
Both	13
None	1

Using the databanks

The map on the right shows the number of pupils from different regions of the UK in the sample studied in this book.

However, as the list on page xiii shows, the total population in the Unit's databank is much larger than this. We possess anonymous data on many of the behaviours recorded in this book extending back to 1981, and this may be made available for research purposes.

Researchers may apply for special analyses to be made by Unit personnel, or in exceptional cases copies of sections of the raw data may be requested.

Applications for use of the databank should be made, in the first place, to the Director of the HEA Schools Health Education Unit at the address shown inside the front cover.

A search for trends in health related behaviour, 1984-1988

This section addresses the question *Can changes in behaviour levels be detected by examining consecutive annual samples?* by comparing the data for some selected questions which have remained substantially unchanged since we derived our first major representative databank in 1983–84. Results for those two years have been combined together and labelled '1984', but the rest of the data refers to the individual calendar years from 1985 to 1988.

Prompted by numerous requests to look for trends we have selected behaviours from different components of the questionnaire. The eight behaviour areas covered by the selected questions are as follows:

1. Consumption of alcohol.
2. Smoking.
3. Weight-watching.
4. Reasons for cleaning teeth.
5. Use of paracetamol or other painkillers.
6. Having a regular paid job in term-time.
7. Visiting a disco within the past two weeks.
8. Main source of sex information.

It is, of course, both interesting and important to discover changes in behaviour, but to be sure that these apparent changes represent real changes in the age groups throughout the population one must be confident that each consecutive sample being examined does reliably represent the total population. The information on pages vii-x explains clearly how each annual sample is accumulated, and that areas of the country may be over-represented or under-represented in different years.

This must be borne in mind when reflecting upon the differences described in these comments, which strictly speaking can only be regarded as differences between the behaviours of the annual samples. The question at issue is whether the non-uniform regional collection of data obscures or even misleads with respect to *trends*. Two observations may be made to support our belief that the nationwide changes of behaviour of our young people are sufficiently uniform to justify accepting our non-uniform regional data as giving a good picture of nationwide trends:

1. For the majority of behaviours recorded in the data banks the year-to-year variations are small, with no trends being apparent; however, the age and sex differences within each behaviour measured are maintained.
2. Some behaviours show a consistent 'drift' over the years, and these changes can be shown to be statistically significant.

Therefore, where changes in behaviour are suggested by the data, we can reasonably pay attention to them in the belief that future research using other sampling techniques will confirm the validity of the changes suggested from the very large consecutive annual 'opportunity' samples in our data collection at Exeter.

Consumption of alcohol, 1984–1988

Percentage of pupils consuming any alcoholic beverage during the past 7 days.

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	57	60	50	54	54	35	39	36	38	36
Year 2	66	63	61	59	63	45	44	47	41	45
Year 3	69	72	67	64	69	54	62	58	53	56
Year 4	75	76	70	68	69	62	65	63	58	59
Year 5	72	79	73	73	77	62	71	66	65	69

The percentage of boys and girls consuming any alcoholic drink shows a steady increase with age, but with no obvious suggestion of an increasing or decreasing trend over the five-year period. For the boys there is, with increasing age, an increase in the percentage having drunk any alcohol at all during the previous 7 days: from over 50% at 11+ to over 70% at 15+. The girls' figures are from over 30% to over 60% at these two

ages. The year-to-year fluctuations in the data are over a limited range and might be accounted for in that they refer to one week only.

The average consumption of those who did drink alcohol during the previous 7 days shows a very consistent and almost identical value for each age group over the five-year period, suggesting that the level of alcohol consumption by young people has not changed significantly.

The alcohol statistics are examined more fully in *We teach them how to drink!* This is available from the Unit for £2.50 post free.

Smoking, 1985–1988

Percentage who had smoked at least one cigarette during the past 7 days.

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	–	3	2	3	2	–	2	2	2	2
Year 2	–	10	5	4	4	–	11	6	4	5
Year 3	–	15	12	8	9	–	17	16	13	12
Year 4	–	21	18	15	13	–	25	25	20	20
Year 5	–	30	24	25	19	–	29	25	25	25

It will noticed that this data was not available for the 1983–4 sample.

Whereas the alcohol figures suggest no obvious trends across the years, the smoking data, collected from the same samples of young people, do suggest a reduction in smoking, particularly amongst boys in the 14+ and 15+ age groups. For the girls the percentages suggest a reduction at least among the younger age groups (11+ – 13+), but perhaps not in the 14+ and 15+ age groups. The results are in line with other sources, for example the OPCS data.

The tables presented here are updated from those originally published in ***Education and Health*** for September 1988, where further details are presented.

(There is overwhelming evidence that for both young people and adults 'smoking types' tend also to be 'drinking types'. Therefore, even if the smoking trends presented here were not supported by other surveys, it would be hard to claim the changes in smoking habits as due to unrepresentative sample selection when the drinking behaviour of the same sample remains effectively constant.)

Weight-watching, 1984–1988

Have you ever tried to lose weight or to avoid putting on weight? (Percentage of pupils responding *YES*.)

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	27	32	31	34	32	41	48	44	52	47
Year 2	26	30	30	33	31	44	50	49	52	53
Year 3	24	26	26	31	30	49	55	56	59	58
Year 4	20	24	23	27	27	56	58	58	59	64
Year 5	19	18	21	26	26	58	61	63	68	65

The percentage of boys and girls indicating that they have actively tried to check undue increase in weight or actually to lose weight has always been remarkably high.

For the girls it has always been over 40%, even at 11+: examination of each separate year's figures reveals that the percentage involved increases in older year groups. Scanning the figures for separate age groups across the five-year span there is a slight suggestion that more girls than boys of a given age may be becoming involved in weight-watching.

For the boys the figures are exceedingly interesting. Firstly, perhaps, in that so many boys have taken this sort of action — it would appear that at least one in five boys in any age group have counted the calories. Secondly, the percentages decrease with increasing age. Logically this seems puzzling until we remember that this is not a longitudinal sample (in other words, a study of the same cohort growing older), but a cross-sectional

sample of different children reaching the same age in different years.

If, however, the percentage figures are followed diagonally across the table, from upper left to lower right (as shown in the table below) we can tentatively simulate a longitudinal study. The group of 11+ children in 1984 become those aged 12+ in 1985, and so on. If this is done, a very clear pattern emerges for all the pseudo-cohorts — the boys' behaviour shows little or no change, while the girls, as they grow older, show a greater likelihood of watching their weight.

In year	*At age*	*BOYS*	*GIRLS*
1984	11+	27	41
1985	12+	30	50
1986	13+	26	56
1987	14+	27	59
1988	15+	26	65

It might be harder to defend this approach to the data if the results were not so uniform. They imply that (1) for girls weight-watching increases with age, and (2) it has grown more popular over the past five years for boys and girls. If this is a true interpretation, it gives still more support for the representative nature of the sample.

Reasons for cleaning teeth, 1984–1988

To avoid wearing false teeth.

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	33	30	28	24	21	27	22	23	13	14
Year 2	26	31	25	18	18	18	20	17	11	11
Year 3	25	20	19	15	11	16	15	13	9	6
Year 4	19	19	15	13	10	13	13	8	7	5
Year 5	17	16	13	8	8	12	12	8	8	4

The percentage decreases markedly in each year group across the five-year period. The trend is striking, both in amount and uniformity. Has the stigma of 'wearing false teeth' lessened, or does the likelihood of having dentures appear to be lower?

I like my mouth to feel clean.

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	17	15	21	21	21	25	28	26	35	31
Year 2	18	17	23	26	24	32	30	34	38	38
Year 3	23	24	24	28	30	37	36	36	42	42
Year 4	26	25	29	30	31	43	41	44	45	47
Year 5	30	26	30	36	30	46	40	44	37	50

Scanning across the table, a slight increase in popularity of this response is suggested. Scanning down each column makes it clear that this response is more likely to be given by the older children.

Other choices were also available, and for a complete picture the reader is referred to the table on page 29.

Use of paracetamol or other painkillers, 1985–1988

When did you last use aspirin, paracetamol, or other similar pain-killer? (Pupils responding *In the last 2 weeks* and *Last week.*)

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	–	46	49	38	40	–	52	51	44	47
Year 2	–	43	43	41	42	–	56	54	48	52
Year 3	–	46	46	38	43	–	60	59	54	57
Year 4	–	41	40	41	41	–	60	60	58	61
Year 5	–	39	38	40	43	–	64	61	61	64

It will be noticed that this data was not available for the 1983–4 sample.

For the boys, very little change is visible either in one age group across the five-year span, or across the different age groups. The same may be said for the girls in Year 3 (13+) and above, but below this age a smaller percentage of users is recognisable.

The figures for Years 4 and 5 for both sexes are quite consistent over the whole five-year period. This is further evidence that the year groups represented by these samples are similar with respect to this health-related behaviour as well as to others already referred to.

Having a regular paid job in term-time, 1984–1988

Do you do a regular paid job during term time? (Pupils responding *YES*.)

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	29	26	29	20	19	20	21	20	11	12
Year 2	32	33	35	26	27	21	23	28	15	16
Year 3	39	48	47	37	42	26	36	32	26	29
Year 4	43	51	51	45	43	31	41	43	38	36
Year 5	45	55	47	52	52	42	50	50	50	52

Scanning the figures for boys and girls in Years 1 and 2 (11+ and 12+) across the table, the percentage involved in paid work appears to be decreasing. For Years 3 and above the figures are less clear: in Year 5 (15+) it would appear that about 50% of boys and girls earn money from term-time jobs.

Elsewhere in this book it will be found that boys and girls tend to choose different jobs, and may be paid at different rates, but here we note that similar percentages find employment.

Visiting a disco within the past two weeks, 1984–1988

When did you last go to a disco or dance in school or outside school? (Pupils responding *Last week* and *Last two weeks*.)

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	21	24	15	23	20	30	27	33	38	26
Year 2	25	27	26	30	23	36	29	37	38	31
Year 3	23	28	25	25	23	37	39	36	36	35
Year 4	28	28	26	23	25	43	41	43	37	36
Year 5	33	37	36	35	34	45	47	45	47	43

There are fluctuations in percentage levels over the five-year period, but no overall change is suggested by the table. The older boys and girls are more involved with discos, which is to be expected: girls are more frequently involved for a given age group, but it is a significant dimension of social activity for most young people, as shown by data elsewhere in this book.

Main source of sex information, 1984–1988

Who or what is your main source of information about sex?

(Pupils responding *Friends*.)

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	25	29	27	26	26	13	14	15	17	17
Year 2	30	29	32	29	30	22	23	24	22	24
Year 3	33	37	32	34	35	28	29	29	32	31
Year 4	36	39	37	38	39	35	33	34	33	37
Year 5	43	40	40	38	41	40	34	36	35	38

The percentages for boys and girls in each year group are remarkably constant over the five-year period. The population represented by the very large 'opportunity' samples were clearly very similar with respect to this dimension of the enquiry.

(Pupils responding *Teachers*.)

	BOYS					*GIRLS*				
	84	**85**	**86**	**87**	**88**	**84**	**85**	**86**	**87**	**88**
Year 1	12	18	9	16	13	7	12	5	8	9
Year 2	12	17	15	16	13	7	11	11	10	7
Year 3	10	14	13	12	10	7	11	10	8	7
Year 4	10	12	12	13	10	6	13	10	10	8
Year 5	8	18	13	12	10	8	16	12	10	9

Providing adequate commentary on this array of percentages is challenging! Overall, the lowest percentages selected *Teachers* at the beginning and end of the five-year period, but a reasonable explanation for this is hard to find. One possible cause is that the 1986 Education Act has required governors to approve of the sex education programme in a school and for it to be carried out in a family context. Perhaps the application of this process has reduced the level of teacher participation. Other choices of answer to this question are displayed in the table on page 143.

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How much do you like these foods?	4–11
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On how many days have you used Lemsip, etc. (for colds), on doctor's orders?	48
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On how many days have you used Milk of Magnesia, etc., on doctor's orders?	50
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On how many days have you used lotions or creams not on doctor's orders?	53
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Since this time last week, how many pints of beer or lager have you drunk?	88
Since this time last week, how many pints of cider have you drunk?	89
Since this time last week, how many glasses of wine have you drunk?	90
Since this time last week, how many glasses of fortified wine have you drunk?	91
Since this time last week, how many measures of spirits have you drunk?	92

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If you drank alcohol since this time last week, where did you get it from?	94
Please say how many times you have visited a pub or bar within the last 2 weeks (even if you didn't drink)	95
When you last went to a pub or bar, how did you go?	96
Have you used any of these drugs except on a doctor's prescription?	97
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Please indicate who or what is your main source of information about sex	143
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The comments

Beneath most of the tables we have added a brief commentary. The need for this has been expressed by readers of previous volumes: their purpose is simply to provide a helpful or stimulating focus from which to start considering what the figures mean.

Sometimes the comment just translates the figures into words; sometimes it explores their underlying meaning; sometimes it raises a further question prompted by the data.

We have attempted in this way to make each table more accessible to readers, who may of course challenge the comment, make their own judgments regarding the underlying meaning or relevance of the statistics, or be prompted to identify further information which could lead to a more secure interpretation.

Young People in 1988

Group 1: DIET

This section of the Health Related Behaviour Questionnaire has passed through more revisions than any other. In earlier versions, attempts were made to derive quality and quantity measurements from the respondents' account of 'yesterday's intake', but the vagueness about amounts and quality made it impossible to do more than note the apparent presence or absence of certain important nutrients. The 1988 Questionnaire (Version 11D) contained a checklist of 40 common food items against which the pupils indicated typical levels of consumption and the degree to which they enjoyed them. It was hoped that classroom discussion of these results would raise levels of awareness regarding 'healthy' and 'unhealthy' foods.

Question	*Page*
What sort of breakfast did you have this morning?	2
What sort of lunch did you have yesterday?	3
How often do you eat these foods?	4–11
How much do you like these foods?	4–11
Have you ever tried to lose weight or to avoid putting on weight?	12
If you tried to lose weight or to avoid putting on weight, was it by dieting?	13
If you tried to lose weight or to avoid putting on weight, was it by exercise?	14
Have you ever tried to gain weight?	15

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 44: What sort of breakfast did you have this morning?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing at all	8.5	11.7	8.5	13.2	9.1	16.9	10.1	16.5	11.0	20.5
Just a drink	6.4	10.5	8.2	12.2	7.0	12.7	8.1	14.9	9.6	15.3
Fruit and a drink	.9	1.3	.9	1.6	.9	1.3	.6	1.9	.3	1.6
Cereal and a drink	46.6	38.2	43.7	36.4	43.5	34.3	39.8	30.7	38.4	25.0
Toast and a drink	14.6	22.4	14.9	22.0	14.9	21.6	14.6	23.6	17.2	27.0
Cereal and toast	14.6	12.0	15.8	10.9	16.7	9.5	18.7	9.7	14.8	7.5
An egg and a drink	1.4	1.4	1.8	1.2	1.5	1.7	1.8	1.4	1.5	1.7
Cooked breakfast	7.2	2.5	6.2	2.5	6.4	2.0	6.3	1.3	7.1	1.3
Valid responses (Count)	1999	2076	4139	4161	3089	2863	5847	5743	1503	1409

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

It has not been easy to define a comprehensive list of 'breakfast' categories, and some items in the list could be amended. Combinations of cereal and a drink are the most frequent selection, with a few children eating an egg as well. The 20% of 5th-year girls having no breakfast, plus the 15% having just a drink, suggest that a third of this group of pupils have eaten nothing solid before starting school.

2

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 42: What sort of lunch did you have yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
School lunch	53.9	50.2	48.3	46.3	37.5	32.7	37.2	33.0	29.7	22.5
Packed lunch: in school	26.4	31.7	20.6	28.1	27.2	32.4	18.5	25.2	18.8	23.7
Meal from a takeaway	3.3	1.7	10.1	5.5	9.6	7.0	14.2	9.2	16.5	9.8
Packed: outside school	2.9	3.3	3.0	3.6	4.6	5.6	4.2	5.8	5.6	8.9
Meal at home	10.7	11.4	14.4	12.9	17.0	17.0	20.9	18.3	23.2	25.7
I didn't have any lunch	2.8	1.8	3.6	3.5	4.1	5.3	4.9	8.5	6.3	9.5
Valid responses (Count)	2027	2072	4173	4164	3104	2866	5852	5736	1504	1403

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The decline in the number of older children choosing a school lunch has to be matched by increases elsewhere. The increased use of takeaways, especially by boys, will be noticed, as well as the substantial rise in the number going home for lunch. (More older children are going without lunch altogether, especially girls.)

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How often do you EAT these foods? (% answering 'On most days')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
White bread	66.9	66.3	67.5	64.4	71.4	65.9	71.0	58.7	71.7	60.8
Wholemeal bread	33.0	32.4	32.0	35.9	31.9	33.6	33.2	40.9	33.3	36.3
Other brown bread	22.4	20.2	19.0	20.9	18.5	17.6	18.2	18.9	18.3	16.2
Boiled potatoes	18.0	20.4	16.1	18.0	18.6	19.7	17.3	17.7	18.8	21.0
Jacket potatoes	17.9	15.9	13.2	14.8	10.6	11.9	9.4	11.2	9.4	8.4
Chips	40.7	29.3	43.7	31.4	34.4	25.7	36.3	21.4	27.5	16.4
Rice	9.0	7.7	9.9	7.5	7.8	5.4	7.4	5.3	5.8	3.8
Pasta	11.1	7.5	9.8	7.4	7.6	5.1	6.5	4.3	5.0	2.9

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Attention is drawn to "chips" - these are more frequently eaten by boys than girls, but the frequency decreases for the older children. Jacket potatoes also appear to be eaten less frequently by the older pupils. Wholemeal bread seems to appeal to the girls more than to the boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How much do you LIKE these foods? (% answering 'It's OK' and 'A lot')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
White bread	85.9	86.2	88.1	85.2	89.9	86.7	89.6	83.8	90.9	84.2
Wholemeal bread	64.9	67.5	66.3	72.6	68.8	72.2	71.7	78.1	76.3	78.3
Other brown bread	53.5	55.9	55.0	60.0	57.2	61.8	59.8	66.2	61.9	65.0
Boiled potatoes	55.8	59.8	59.2	65.0	62.4	68.6	64.1	69.1	66.4	68.7
Jacket potatoes	72.2	81.8	74.3	83.2	76.8	84.8	75.5	85.8	76.9	86.6
Chips	85.6	82.5	87.6	80.8	88.3	82.5	87.7	78.1	88.1	78.6
Rice	55.9	57.9	59.5	62.9	63.3	64.8	64.8	69.0	66.9	68.1
Pasta	58.6	61.5	58.1	63.5	63.5	66.2	61.6	68.6	64.5	66.6

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Comparing the two tables on these pages, the "like" table generally shows an increase for the older pupils, whereas the "eat" table, if anything, shows a decrease.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How often do you EAT these foods? (% answering 'On most days')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Skimmed/semi-skim. milk	38.7	36.1	38.3	36.2	37.4	34.6	36.4	36.5	35.4	36.4
Other milk	61.5	56.9	61.9	57.5	63.0	56.1	63.4	55.1	64.9	57.4
Butter	46.4	42.7	45.7	42.5	45.2	39.7	46.0	37.6	48.1	40.0
Margarine	51.4	54.6	51.2	55.1	53.7	55.3	51.4	54.4	52.2	53.9
Cheese	42.6	42.9	40.2	39.3	37.0	37.6	36.7	34.6	36.6	34.4
Sugary cereals	39.2	28.2	39.5	26.4	37.9	22.2	35.3	17.8	32.8	14.6
Bran cereals	24.0	19.2	23.5	19.9	20.6	15.4	20.1	16.3	18.8	13.3
Muesli	13.5	13.7	13.9	12.2	13.1	9.8	13.5	10.8	11.7	10.0
Other cereals	48.3	43.0	41.8	38.7	39.1	33.2	37.3	26.8	30.6	23.2

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

One third of all ages and both sexes drink skimmed or semi-skimmed milk on most days.

There is a marked contrast between the consumption of sugary cereals by older boys and girls. The frequency for boys stays above 30% for all age groups, but for the girls it changes from 28% in the 11 year old group to 15% in the 15 year old group.

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HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How much do you LIKE these foods? (% answering 'It's OK' and 'A lot')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Skimmed/semi-skim. milk	51.9	46.7	51.8	49.9	50.6	50.0	52.0	53.2	50.5	52.7
Other milk	77.7	72.5	79.0	74.7	79.4	71.9	81.4	71.5	82.8	73.6
Butter	65.0	61.9	68.4	63.9	68.8	61.8	71.9	61.7	75.2	64.7
Margarine	62.2	64.1	64.1	65.5	66.4	64.4	66.8	62.9	66.4	60.8
Cheese	76.4	81.5	77.0	81.8	79.0	82.6	80.0	83.5	81.6	82.1
Sugary cereals	70.7	60.9	71.8	62.3	71.5	60.4	71.4	55.2	73.1	51.9
Bran cereals	54.4	47.9	56.1	53.0	55.1	48.6	56.1	51.9	55.5	47.0
Muesli	40.7	38.8	42.3	41.8	44.4	40.7	47.6	45.6	48.2	45.0
Other cereals	75.0	74.5	74.5	73.8	74.3	71.0	73.7	69.4	73.3	66.4

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Cheese is the most popular food in this list, but this is not reflected in the "eat" table. However, should it be?

The largest gender differences in taste refer to sugary cereals.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How often do you EAT these foods? (% answering 'On most days')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Fruit juices	54.5	54.7	51.9	54.1	52.8	51.1	49.9	50.3	49.9	51.5
Fizzy drinks	54.1	45.6	52.9	44.9	52.6	44.8	50.6	36.7	46.0	37.9
Oranges	39.5	42.2	38.0	41.9	33.9	34.5	32.4	32.8	29.1	29.9
Apples	50.4	56.1	48.1	53.1	44.9	51.8	42.0	47.9	38.3	43.9
Peas	23.6	23.2	22.9	21.4	21.1	21.2	20.1	18.8	18.1	20.4
Baked beans	31.7	23.9	30.3	22.4	26.5	17.6	25.5	16.5	21.8	16.0
Cabbage	15.7	16.5	12.7	14.9	11.2	12.8	10.5	10.8	9.1	11.2
Green beans	12.0	11.1	9.3	9.9	9.6	9.0	8.1	7.5	8.1	7.9
Cauliflower	12.5	12.6	10.9	11.7	8.8	10.8	7.9	8.2	6.8	7.5
Tomatoes	18.3	22.2	17.6	19.5	15.7	18.6	13.6	15.6	11.8	14.5
Carrots	27.3	26.8	24.1	25.8	20.6	22.0	18.5	18.8	15.9	17.7
Lettuce	18.3	23.7	15.0	19.4	14.4	17.8	12.4	15.0	11.5	13.6

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Fruit juice is popular with all ages and both sexes. However, frequency and consumption of more "healthy" foods in this list suggest a decline for the older children of both sexes. Do older children eat less or do they have a more restricted range of foods?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How much do you LIKE these foods? (% answering 'It's OK' and 'A lot')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Fruit juices	86.7	90.1	87.0	91.0	89.2	91.9	90.2	92.2	91.5	94.3
Fizzy drinks	90.7	89.9	91.7	89.1	91.7	90.4	90.9	86.6	91.3	88.6
Oranges	80.2	85.1	81.1	86.8	80.8	83.6	82.2	84.3	81.2	85.7
Apples	87.8	92.4	88.4	93.0	88.5	92.9	89.0	92.3	88.4	91.0
Peas	60.9	61.3	64.1	65.8	64.6	65.9	68.0	67.7	68.0	67.7
Baked beans	74.1	65.1	74.5	68.9	76.0	67.6	77.4	68.8	76.6	69.5
Cabbage	42.2	49.0	45.0	53.6	45.6	52.9	48.1	57.3	51.4	61.0
Green beans	35.9	37.6	34.5	40.7	41.3	41.0	42.2	45.7	44.8	52.3
Cauliflower	40.9	50.8	43.2	54.4	46.1	56.5	46.8	59.3	49.5	62.6
Tomatoes	48.8	58.5	50.1	60.1	52.4	60.4	53.4	63.1	55.4	64.0
Carrots	68.3	71.6	69.2	73.7	68.6	72.9	69.5	73.0	70.8	71.1
Lettuce	57.2	68.3	55.7	67.6	60.4	69.6	61.9	70.8	62.7	72.0

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Cauliflower is popular with the girls!

Fizzy drinks are very popular, for both boys and girls. Cabbage and green beans are the least popular of the vegetables and this is reflected in the levels of how often they are eaten.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How often do you EAT these foods? (% answering 'On most days')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Meat(eg lamb,beef,pork)	44.1	41.8	44.5	40.2	48.1	43.6	49.7	40.3	52.6	44.7
Burgers	24.5	16.9	24.6	14.8	20.5	11.8	19.8	8.2	17.5	7.6
Sausages	25.6	18.2	24.7	15.6	21.2	11.7	19.9	8.3	16.9	6.9
Bacon	24.4	18.3	23.3	16.4	20.9	12.8	20.9	9.9	17.8	8.1
Eggs	25.8	20.0	25.9	21.0	23.5	16.5	25.2	17.0	24.8	14.6
Fish/fish fingers	21.7	18.1	20.5	13.7	15.8	10.5	15.4	8.9	11.3	6.7
Liver	7.9	5.9	6.7	4.4	4.7	3.5	4.4	2.2	3.8	1.8
Salt	33.6	33.1	35.2	34.4	38.4	35.1	41.6	35.4	42.0	36.0
Crisps	48.6	50.0	48.1	49.2	47.8	47.9	43.7	40.3	39.5	43.1
Choc. biscuits/sweets	51.9	49.9	52.6	48.7	51.4	49.4	51.3	43.7	46.7	44.5
Cakes or tarts	34.5	29.3	33.7	29.1	31.5	28.1	32.7	24.7	29.4	20.9

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Almost half the boys and girls of all years eat meat on most days. Burgers, sausages and bacon become less popular with pupils' increasing age, especially for girls, although it again seems that most foods are eaten less frequently by the older children.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 43: How much do you LIKE these foods? (% answering 'It's OK' and 'A lot')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Meat(eg lamb,beef,pork)	87.1	84.7	88.8	84.5	90.9	83.4	91.5	81.3	94.5	82.4
Burgers	80.9	74.2	80.8	72.6	83.7	72.3	82.3	66.2	87.3	71.0
Sausages	81.6	72.8	80.0	70.5	82.4	67.9	81.4	63.5	83.9	63.9
Bacon	79.8	75.0	80.3	76.3	83.3	73.7	83.9	71.1	86.6	70.0
Eggs	73.3	68.1	75.6	71.8	78.3	71.2	80.1	72.6	82.5	72.9
Fish/fish fingers	76.0	71.2	75.1	70.8	78.1	68.8	77.5	66.9	78.1	69.7
Liver	30.0	23.4	30.5	23.6	32.0	21.9	34.2	24.4	35.9	24.8
Salt	42.2	33.5	43.7	37.1	46.2	37.7	50.3	38.4	53.2	36.9
Crisps	87.8	89.2	86.4	89.1	86.8	88.9	86.2	86.9	85.0	86.9
Choc. biscuits/sweets	89.0	88.4	89.5	89.5	90.2	90.0	89.1	89.0	89.7	86.6
Cakes or tarts	83.0	79.8	82.8	81.7	83.4	80.5	83.1	79.3	83.9	75.9

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Crisps and chocolate biscuits are liked by more than 80% of all age groups, but "meat" has a high rating too, especially for the older boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 45a: Have you ever tried to lose weight or to avoid putting on weight?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	68.2	52.8	68.6	47.0	70.4	42.3	73.2	36.4	74.1	35.2
Yes	31.8	47.2	31.4	53.0	29.6	57.7	26.8	63.6	25.9	64.8
Valid responses (Count)	2007	2070	4145	4168	3094	2862	5865	5752	1507	1411

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Body shape is important to boys as well as girls. It is interesting to note however, that the percentage of boys who have tried to lose weight is lower in succeeding age groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 45b: [If you tried to lose weight or to avoid putting on weight, was it by dieting?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	16.2	6.4	18.4	5.2	12.2	3.9	12.6	2.6	12.9	1.6
Yes	83.8	93.6	81.6	94.8	87.8	96.1	87.4	97.4	87.1	98.4
Valid responses (Count)	549	908	1154	2090	823	1587	1417	3521	341	887

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Of those who had tried to lose weight, the majority had tried to do this by dieting, girls more so than boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 45b: [If you tried to to lose weight or to avoid putting on weight, was it by exercise?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	75.3	84.0	72.4	84.6	77.4	84.9	74.7	81.0	71.2	86.8
Yes	24.7	16.0	27.6	15.4	22.6	15.1	25.3	19.0	28.8	13.2
Valid responses (Count)	550	908	1156	2092	823	1587	1418	3520	340	887

Total sample

Boys 11-12 2082; 12-13 4285, 13-14 3167, 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118, 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Here we see that more boys than girls have tried to lose weight by exercising. It is clear from the percentage that some pupils have tried to lose weight by dieting and exercise.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 46: Have you ever tried to gain weight?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	80.9	88.2	82.4	87.8	81.4	88.7	79.0	88.6	80.4	89.0
Yes	19.1	11.8	17.6	12.2	18.6	11.3	21.0	11.4	19.6	11.0
Valid responses (Count)	1976	2037	4092	4090	3054	2816	5774	5675	1488	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

It is interesting that more boys than girls have tried to gain weight. In both cases the figures stay fairly constant along with the age groups.

Group 2: DOCTOR & DENTIST

The 'doctor' questions centre on the young person's feelings of ease or unease - to what extent is this related to the sex of the doctor, or if they are alone or with a parent or friend? With respect to dental hygiene, there is particular interest in responses to Question 41 – *What is your main reason for cleaning your teeth?*

Question	*Page*
When did you last visit your doctor?	19
When you last visited your doctor, did you go into the surgery on your own?	20
On this last visit, was the doctor a man or a woman?	21
Why did you last visit the doctor?	22, 23
Did you feel at ease with your doctor on this last visit?	24
How many times did you clean your teeth yesterday?	25
When did you last have a school dental inspection?	26
When did you last visit the dentist in his or her surgery?	27
What treatment or advice did the dentist give you on this last visit?	28
What is your main reason for cleaning your teeth?	29

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 36a: When did you last visit your doctor?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
More than a year ago	13.2	9.3	12.9	12.5	14.8	13.1	16.3	15.1	20.4	15.2
Within the last year	14.3	13.4	13.6	15.4	13.6	14.7	14.9	13.7	16.1	14.9
Within last 6 months	17.9	19.1	18.8	17.3	20.0	19.2	19.5	16.7	19.5	15.6
Within last 3 months	24.3	25.0	25.4	24.9	25.4	24.4	23.8	24.5	22.7	25.6
Within the last month	21.1	24.0	21.0	21.2	19.0	20.4	18.0	20.3	14.9	18.9
Within the last week	9.3	9.3	8.2	8.9	7.2	8.2	7.4	9.7	6.4	9.7
Valid responses (Count)	2060	2086	4235	4192	3124	2879	5900	5770	1507	1409

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

These figures show that approximately half of all year groups have visited their doctor at least once in the past 3 months. Older girls go slightly more frequently than boys. For all groups, 90% or more indicate they had seen their GP within the last year. Is this level of contact being exploited by GP's to pass on health education messages to young people from an authoritative source which they respect?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 36b: When you last visited your doctor, did you go into the surgery on your own?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	81.6	90.5	77.7	86.7	68.3	80.6	57.9	71.0	46.3	58.7
Yes	18.4	9.5	22.3	13.3	31.7	19.4	42.1	29.0	53.7	41.3
Valid responses (Count)	2049	2089	4219	4195	3131	2880	5891	5760	1506	1411

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Girls are more likely than boys to be accompanied by a parent or friend.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 36c: On this last visit was the doctor a man or a woman?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Male doctor	81.2	77.4	82.3	80.2	81.6	79.1	82.6	79.7	83.7	82.2
Female doctor	18.8	22.6	17.7	19.8	18.4	20.9	17.4	20.3	16.3	17.8
Valid responses (Count)	2024	2073	4184	4166	3092	2863	5822	5743	1494	1404

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

It is clear from these figures that there are many more male GP's than female. Are pupils, in particular girls, more likely to be accompanied if the GP is a man?

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HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 36d: [Why did you last visit the doctor? (optional)]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Eye problems	3.3	3.2	3.0	3.9	2.4	4.6	2.6	5.6	2.1	4.2
Ear problems	7.1	9.8	7.1	8.4	6.1	7.5	5.6	6.6	4.3	6.3
Colds & throat	18.4	19.2	15.4	19.1	14.7	16.5	12.9	16.1	15.2	20.4
Respiratory problems	13.1	9.8	14.4	10.3	14.7	9.4	12.4	8.2	9.1	7.8
Allergy problems	2.5	3.0	2.2	2.4	2.7	3.0	3.1	2.4	3.3	3.0
Headache or migraine	4.9	4.0	3.8	4.2	4.0	4.4	3.4	4.6	3.8	3.2
Alimentary problems	7.9	8.9	8.4	7.9	6.6	7.3	6.1	6.3	5.7	6.5
Skin problems	7.5	10.0	8.6	10.6	7.5	12.1	9.5	11.6	9.4	10.4
Knee problems	1.7	2.3	3.7	3.0	5.3	2.8	5.5	4.4	4.6	4.6
Foot problems	8.7	8.2	7.3	8.2	7.5	7.5	8.0	6.9	7.9	6.9
Back problems	1.2	1.0	1.1	1.6	1.7	2.4	2.8	2.3	3.4	2.3
Fracture	5.1	2.0	5.0	2.2	5.1	2.4	6.2	2.1	6.0	2.3
Minor injuries	9.8	3.4	10.2	4.5	9.7	5.2	9.3	4.5	8.7	3.4
Dietary advice	.2	.0	.4	.1	.3	.1	.2	.4	.1	.2
Anaemia	.0	.0	.2	.1	.0	.3	.0	.3	.2	.6
Injection	1.8	7.3	2.7	5.5	3.9	4.7	5.7	6.6	6.2	3.9

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

(continued)

COMMENT

The highest percentage for both boys and girls are cold and throat problems. If this category is combined with respiratory complaints, they amount to one-quarter of reasons for their last visits. Skin problems are also quite high - acne?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 36d: [Why did you last visit the doctor? (optional)]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Glandular fever	.2	.5	.5	.3	.5	.5	.7	1.1	.5	1.2
Menstrual problems	.0	.5	.0	1.1	.0	1.5	.0	2.2	.0	3.0
Family planning advice	.0	.0	.0	.0	.0	.4	.1	1.2	.0	2.6
Miscellaneous tests	1.8	1.3	1.0	.9	2.2	1.6	1.6	1.6	2.8	2.4
Flu	1.6	1.6	2.2	2.2	2.8	2.4	2.4	2.6	4.1	3.0
Mumps	.3	.4	.5	.6	.4	.5	.3	.2	.2	.5
Measles	.5	.3	.5	.3	.3	.5	.3	.2	.1	.0
Chicken pox	1.4	1.2	1.3	1.0	.8	1.0	.7	.7	1.0	.7
Urinary problems	.2	.9	.1	.6	.2	.7	.3	.8	.6	.3
Psychiatric problems	.2	.1	.1	.1	.0	.1	.1	.2	.2	.1
German measles	.4	.7	.4	.4	.2	.3	.4	.2	.3	.1
Whooping cough	.2	.4	.2	.2	.1	.1	.1	.1	.1	.0
Valid responses (Count)	1303	1487	2734	3053	2049	2063	3961	4166	940	999

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

See previous table.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 36e: Did you feel at ease with your doctor on this last visit?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Very uneasy	11.2	11.8	8.8	11.4	7.6	11.0	6.5	11.2	5.8	13.2
A little uneasy	34.1	46.5	35.7	47.9	35.9	48.8	35.8	47.8	36.6	42.3
At ease	54.7	41.6	55.5	40.7	56.5	40.2	57.7	40.9	57.6	44.5
Valid responses (Count)	2020	2056	4172	4131	3110	2836	5829	5716	1500	1404

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

More girls tend to be "very uneasy " or "a little uneasy" when visiting the doctor. Is this linked to the fact that more GP's are men?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 29: How many times did you clean your teeth yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	6.8	3.4	8.0	3.8	5.9	2.0	6.1	1.7	4.7	1.0
Once	32.9	23.1	33.5	23.5	32.2	20.1	34.1	21.5	31.7	18.7
Twice	51.5	61.1	50.2	58.7	54.4	62.1	52.1	60.0	55.4	59.1
More than twice	8.8	12.4	8.2	14.0	7.5	15.7	7.7	16.8	8.2	21.2
Valid responses (Count)	2078	2110	4261	4219	3150	2889	5930	5779	1521	1414

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Girls seem to pay more attention to brushing their teeth than the boys do, and one-fifth of the older girls brush their teeth more than twice a day.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 39: When did you last have a school dental inspection?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
More than 2 years ago	10.2	7.7	17.3	15.6	25.4	26.1	20.4	20.8	43.6	40.4
Within last 2 years	17.5	18.2	18.3	18.1	16.0	15.0	15.3	14.8	17.3	20.4
Within the 12 months	72.3	74.1	64.4	66.2	58.5	58.9	64.3	64.4	39.1	39.2
Valid responses (Count)	1999	1877	4112	3838	3078	2696	5815	5522	1471	1360

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

In the 5th year the percentage of those having a school dental inspection within the last 12 months drops dramatically.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 40a. When did you last visit the dentist in his or her surgery?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
More than a year ago	8.0	5.9	10.2	6.5	9.3	6.9	11.1	7.6	13.8	9.6
Within the last year	10.5	10.4	10.5	9.9	11.1	9.4	11.2	11.1	12.7	11.2
Within last 6 months	23.1	23.6	22.6	21.7	24.3	22.1	24.1	24.5	24.6	28.7
Within last 3 months	29.1	25.6	26.8	28.4	26.4	26.2	27.1	26.8	27.6	24.6
Within the last month	21.5	24.5	19.7	22.7	19.4	24.1	18.5	20.8	15.5	18.4
Within the last week	7.9	10.0	10.1	10.7	9.5	11.4	8.0	9.3	5.9	7.6
Valid responses (Count)	2054	2073	4205	4164	3119	2871	5896	5732	1503	1403

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The girls of all ages are more likely than the boys to have visited a dentist recently, but the frequency of visits for both sexes shows a slight decline in the older age groups. About 60% of the 1st-year pupils and 50% of the 5th-year pupils had visited their dentist within the past 3 months.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 40b :What treatment or advice did the dentist give you on this last visit?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Fillings	22.3	21.3	26.0	23.2	25:1	24.5	27.8	27.2	28.9	28.8
Extraction	14.4	15.6	13.9	12.5	9.8	9.0	8.3	7.4	6.7	5.1
Polishing	16.1	15.3	18.0	16.8	18.6	19.7	21.1	22.8	23.3	23.2
Brace	12.2	17.4	12.8	19.4	14.9	19.8	11.7	14.8	8.6	11.7
Other	16.9	15.8	15.8	16.1	15.0	14.4	15.4	13.4	15.5	14.1
Advice on flossing	2.8	1.6	2.1	1.6	3.5	2.5	2.9	2.9	3.8	4.2
Advice on brushing	27.6	19.0	27.5	19.4	25.4	17.2	25.9	16.6	24.8	14.3

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Across the age groups about one-quarter of all boys and girls had fillings on the last visit to the dentist. It is interesting to note the percentage increase from 22% in the 1st year to 29% in the 5th year. Here it can also be seen that consistently more boys than girls have had advice on brushing of teeth on their last visit. Does this reflect the fact that girls brush their teeth more often?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to:

Question 41: What is your main reason for cleaning your teeth?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
To make teeth look nice	22.7	19.9	21.4	16.1	19.5	17.2	20.2	15.2	18.2	13.1
To avoid false teeth	20.8	14.1	18.3	11.4	11.5	6.1	10.1	4.6	7.7	3.8
To make breath clean	8.5	5.2	9.4	6.3	10.3	6.7	11.1	6.8	13.0	7.0
To avoid toothache	26.6	30.1	26.8	28.3	29.0	27.9	27.7	26.9	28.5	26.2
To make mouth clean	21.3	30.8	24.0	37.9	29.7	42.1	30.9	46.5	32.6	49.9
Valid responses (Count)	1970	2019	4029	4090	2995	2809	5658	5610	1449	1379

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The changes in response with age are interesting - at 15+ half the girls choose "to make the mouth feel clean". "Avoiding false teeth" shows a marked decline, and "making teeth look nice" also drops. More boys than girls are concerned about keeping their breath clean. For older children cosmetic reasons dominate.

Group 3: HEALTH & SAFETY

Many of the questions in this group reflect a traditional view of health — physical cleanliness and use of medicines.

Question	*Page*
Do you wash your hands after visiting the lavatory?	33
How many times in the last 7 days have you washed your hair?	34
How many times in the last 7 days have you had a bath or shower at school?	35
How many times in the last 7 days have you had a bath or shower at home or elsewhere?	36
How often do you use an anti-perspirant or deodorant?	37
Do you use a deodorant after washing?	38
Do you use a deodorant at other times than after washing?	39
During the last 7 days...	
On how many days have you used aspirin, etc., on doctor's orders?	40
On how many days have you used aspirin, etc., not on doctor's orders?	41
On how many days have you used cough drops or medicine on doctor's orders?	42
On how many days have you used cough drops or medicine not on doctor's orders?	43
On how many days have you used iron tablets on doctor's orders?	44
On how many days have you used iron tablets not on doctor's orders?	45
On how many days have you used vitamin tablets on doctor's orders?	46
On how many days have you used vitamin tablets not on doctor's orders?	47
On how many days have you used Lemsip, etc. (for colds), on doctor's orders?	48
On how many days have you used Lemsip, etc. (for colds), not on doctor's orders?	49
On how many days have you used Milk of Magnesia, etc., on doctor's orders?	50
On how many days have you used Milk of Magnesia, etc., not on doctor's orders?	51
On how many days have you used lotions or creams on doctor's orders?	52
On how many days have you used lotions or creams not on doctor's orders?	53
When did you last use aspirin, paracetamol, or other similar pain-killer?	54
When you last took medicine or pills that were not on doctor's orders, who decided that you should do so?	55
Have you been vaccinated against polio?	56
Have you been vaccinated against tetanus?	57
Have you been vaccinated against tuberculosis (BCG)?	58
Have you been vaccinated against rubella (german measles)?	59
Have you had any First Aid instruction in school within the last 2 years?	60
Have you had any First Aid instruction outside school within the last 2 years?	61
Whenever you ride in the front seat of a car, how often do you fasten the seatbelt?	62

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 28: Do you wash your hands after visiting the lavatory?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never	5.3	2.1	4.9	2.3	5.0	1.5	5.6	2.1	5.3	1.8
Sometimes	34.6	28.9	36.9	30.9	34.4	26.0	34.7	27.3	33.5	23.6
Whenever possible	60.1	69.0	58.2	66.8	60.7	72.5	59.8	70.6	61.3	74.6
Valid responses (Count)	2073	2104	4255	4214	3146	2886	5924	5775	1518	1413

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The girls in all year groups appear to be more conscientious than the boys about washing their hands. There is no marked change of behaviour across the age groups, suggesting that early hygiene training sets persistent habits.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 30: How many times in the last 7 days have you washed your hair?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	1.1	.6	.9	.4	.8	.2	.6	.3	.7	.1
Once	19.8	13.2	12.9	5.7	8.2	3.4	5.7	2.9	4.6	1.7
Twice	32.5	34.1	30.6	27.3	26.4	19.4	21.8	16.3	17.5	12.2
3 times	21.7	26.7	24.9	31.2	26.8	30.5	26.6	27.4	26.9	27.6
4 times	10.6	14.0	13.5	17.3	16.1	19.7	17.9	22.7	19.4	21.5
5 times	5.8	4.9	6.5	7.6	7.3	9.6	8.1	10.4	8.9	10.9
6 times	2.2	1.8	2.9	2.5	2.9	3.5	4.4	4.3	4.9	5.3
7 times	5.1	3.8	6.2	6.6	9.1	11.5	12.1	12.9	13.3	16.4
8 times or more	1.4	.8	1.5	1.4	2.4	2.0	2.7	2.9	3.8	4.3
Valid responses (Count)	2039	2090	4218	4193	3131	2876	5888	5763	1512	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Unlike hand-washing after using the lavatory, hair-washing frequency shows a clear increase across the age groups, from an average of 2.8 and 2.9 for 1st-year pupils to 4.0 and 4.3 for 5th-year pupils. Notice that in the higher age groups a substantial percentage wash their hair every day. The difference between boys' and girls' frequency is smaller than might be expected - good news for shampoo manufacturers.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 31a: How many times in last 7 days have you had a bath or shower at school?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	49.3	50.0	45.7	52.1	46.6	65.2	61.4	82.8	76.3	91.2
Once	22.5	20.8	21.6	21.8	24.5	17.4	18.7	9.0	10.9	3.8
2 or 3 times	22.5	24.0	26.7	20.9	23.3	13.4	15.5	5.8	7.6	2.8
4 or 5 times	3.7	3.7	3.9	3.5	3.5	2.7	2.8	1.4	3.1	1.1
6 times or more	2.0	1.6	2.0	1.8	2.1	1.3	1.5	.9	2.1	1.1
Valid responses (Count)	2062	2092	4237	4199	3141	2882	5901	5743	1510	1412

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Does the increasing difference in relative frequency of the older boys' use of baths and showers reflect their greater participation in school sports, or don't girls like school showers? There is a large drop in the 4th year, which could mean that more pupils generally opt out of games and PE., or showers, or both.

Does the fact that at least half the pupils do not shower, reflect a lack of facilities?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 31b: How many times in last 7 days have you had a bath or shower at home or elsewhere?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	2.2	.7	2.5	1.4	2.2	.8	2.3	.9	3.8	1.0
Once	15.6	10.5	12.0	5.5	8.4	5.1	6.6	4.1	6.3	2.7
2 or 3 times	47.3	46.6	46.5	42.8	44.9	37.6	43.4	34.8	40.2	31.0
4 or 5 times	18.7	22.9	23.4	27.1	24.8	30.2	25.9	29.8	23.6	31.1
6 times or more	16.2	19.2	15.7	23.2	19.7	26.4	21.8	30.5	26.1	34.2
Valid responses (Count)	2077	2110	4259	4222	3157	2891	5928	5782	1520	1415

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Home bathing and showering shows a steady increase in frequency for the older age groups, and this frequency is greater for the girls.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 32a: How often do you use an anti-perspirant or deodorant?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never	25.7	8.9	14.0	3.1	7.1	1.0	4.3	.8	2.7	.4
Some days	33.6	21.8	31.7	13.4	19.9	7.3	16.8	4.3	11.1	2.9
Most days	20.4	22.9	24.8	19.5	24.2	13.6	21.9	10.3	16.3	7.6
Every day	20.3	46.4	29.5	63.9	48.7	78.1	57.0	84.6	69.9	89.2
Valid responses (Count)	2064	2098	4241	4217	3144	2883	5915	5774	1517	1413

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Even at the age of 11 and 12, almost half the girls are using a deodorant every day. Not until 13 - 14 do the boys reach this figure. The biggest jump in use for boys occurs between the ages of 12 and 14. Over 90% of all 15 - 16 year olds use a deodorant on most or all days.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 32b: [Do you use a deodorant after washing?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	25.2	18.8	21.1	14.2	15.3	9.7	12.2	8.0	9.6	5.8
Yes	74.8	81.2	78.9	85.8	84.7	90.3	87.8	92.0	90.4	94.2
Valid responses (Count)	1509	1894	3602	4068	2898	2845	5637	5703	1474	1484

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

This is the most popular time for applying deodorant! More than 90% of boys and girls in the 5th year use deodorant after washing. However...

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 32b: [Do you use a deodorant at other times than after washing?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	46.4	39.2	41.7	29.2	37.4	21.5	32.7	18.1	29.1	17.9
Yes	53.6	60.8	58.3	70.8	62.6	78.5	67.3	81.9	70.9	82.1
Valid responses (Count)	1507	1893	3587	4062	2897	2844	5633	5707	1473	1404

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

...it is interesting to see here that in Year 5 70% of boys and 80% of girls are using deodorants at times other than after washing.

HEALTH RELATED BEHAVIOUR IN 1988

Perc: age figures of boys and girls responding to

Question 33: [During the last 7 days, on how many days have you used aspirin etc on doctor's orders]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	95.0	95.3	95.2	95.1	96.4	94.3	96.0	95.0	96.9	95.3
1 or 2 days	3.2	2.2	3.1	2.5	1.9	2.6	2.0	2.2	1.7	2.1
3-6 days	.8	1.0	.9	1.5	1.0	1.5	.9	1.5	.6	1.0
Every day	1.1	1.4	.8	.9	.8	1.5	1.1	1.3	.9	1.6
Valid responses (Count)	2054	2102	4218	4190	3131	2872	5881	5754	1511	1405

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The figures show no noteworthy change from one year group to the next.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used aspirin etc not on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	79.6	72.9	75.5	67.0	73.1	60.4	74.7	57.0	71.0	54.5
1 or 2 days	17.9	23.2	21.1	27.8	22.9	33.4	21.8	35.7	25.0	37.3
3-6 days	2.0	3.1	2.9	4.7	3.3	5.4	2.9	6.5	3.3	6.9
Every day	.5	.8	.5	.5	.7	.7	.7	.8	.7	1.4
Valid responses (Count)	2052	2098	4214	4183	3128	2866	5877	5744	1505	1404

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The higher level of use by girls than boys, and the increasing frequency of use by the older age groups, result in almost half the older girls using aspirin or similar painkillers at least once during the previous 7 days.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used cough drops or medicine on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	96.3	95.0	96.3	95.5	97.0	96.3	97.7	97.2	98.5	96.9
1 or 2 days	1.8	1.9	1.9	1.7	1.0	1.1	1.0	.9	.7	.6
3-6 days	.6	1.7	.8	1.5	.9	1.4	.5	.9	.3	1.3
Every day	1.3	1.5	1.0	1.3	1.1	1.3	.8	.9	.6	1.1
Valid responses (Count)	2057	2102	4216	4186	3130	2872	5881	5754	1512	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Very few children take cough drops or medicine on doctors orders.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used cough drops or medicine not on doctor's orders]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	91.1	88.4	88.7	85.3	89.4	84.9	90.2	86.3	89.1	88.2
1 or 2 days	6.4	7.3	8.1	9.9	6.9	9.9	5.9	8.1	5.9	6.8
3-6 days	1.7	2.9	2.2	3.3	2.4	4.0	2.9	4.2	3.8	3.8
Every day	.9	1.4	.9	1.6	1.2	1.2	1.0	1.4	1.3	1.2
Valid responses (Count)	2056	2101	4212	4183	3130	2867	5880	5754	1509	1404

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

There is more 'self-medication' in this area than prescribed medication (as indicated in the preceding table). The figures do not change noticeably over the age groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used iron tablets on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	99.0	99.1	99.0	98.9	99.5	98.5	99.2	98.4	99.8	98.0
1 or 2 days	.3	.3	.4	.3	.2	.5	.3	.3	.0	.2
3-6 days	.2	.1	.1	.1	.1	.3	.1	.1	.1	.2
Every day	.5	.4	.4	.7	.2	.7	.4	1.2	.1	1.6
Valid responses (Count)	2058	2103	4218	4192	3135	2872	5885	5757	1512	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Very few iron tablets were prescribed by doctors, even though there is a slight increase for 4th and 5th year girls in the 'every day' category.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used iron tablets not on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	96.2	97.7	96.0	96.8	96.9	96.6	96.5	95.9	96.8	95.7
1 or 2 days	1.8	1.1	1.8	1.1	1.0	1.3	1.2	1.2	.7	.8
3-6 days	.8	.2	.7	.6	.7	.8	.6	.8	.3	.7
Every day	1.2	1.0	1.5	1.5	1.4	1.4	1.7	2.2	2.1	2.8
Valid responses (Count)	2057	2102	4216	4190	3133	2872	5880	5756	1512	1405

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Slightly more children are taking self-prescribed iron tablets than tablets on doctor's orders.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used vitamin tablets on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	96.8	97.3	97.0	97.9	98.3	97.8	98.2	98.2	99.5	98.3
1 or 2 days	1.2	1.0	1.1	.6	.6	.5	.5	.4	.1	.2
3-6 days	.8	.6	.6	.4	.5	.4	.2	.2	.0	.4
Every day	1.2	1.1	1.3	1.1	.6	1.4	1.0	1.1	.4	1.1
Valid responses (Count)	2057	2101	4218	4190	3135	2872	5882	5757	1512	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

As with iron tablets, very few boys and girls have been prescribed vitamin tablets.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used vitamin tablets not on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	82.3	81.7	82.0	81.7	83.9	82.7	85.9	82.6	87.1	85.7
1 or 2 days	5.6	5.5	6.6	5.3	5.0	4.9	3.5	4.0	2.6	3.1
3–6 days	3.3	3.6	3.0	3.4	3.2	3.0	2.3	3.0	2.3	2.2
Every day	8.8	9.2	8.4	9.6	7.9	9.4	8.3	10.4	8.1	9.1
Valid responses (Count)	2048	2098	4207	4185	3132	2867	5874	5754	1510	1403

Total sample

Boys 11–12 2082; 12–13 4285; 13–14 3167; 14–15 5945; 15–16 1527(Total 17006)
Girls 11–12 2118; 12–13 4231; 13–14 2898; 14–15 5789; 15–16 1417(Total 16453)

COMMENT

The percentage of boys and girls taking vitamin tablets shows a slight fall in successive, increasing age groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used Lemsip etc (for colds) on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	97.0	97.9	97.3	97.6	98.6	98.6	98.9	99.0	98.7	98.9
1 or 2 days	1.8	1.4	1.8	1.4	.9	1.0	.7	.7	.4	.6
3-6 days	1.0	.5	.5	.8	.4	.3	.3	.2	.6	.4
Every day	.2	.2	.3	.2	.1	.1	.1	.1	.3	.1
Valid responses (Count)	2057	2102	4219	4191	3134	2873	5884	5757	1511	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

As can been seen here, proprietary medicines were not very often prescribed for colds, even though colds and sore throats were one of the commonest reasons for visiting the doctor.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used Lemsip etc (for colds) not on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	91.9	89.9	89.5	86.7	90.4	87.3	90.1	88.8	91.1	89.6
1 or 2 days	6.4	7.4	7.9	10.0	6.9	9.4	7.4	8.2	6.6	6.8
3–6 days	1.3	2.1	2.1	2.7	2.1	2.7	2.2	2.5	1.8	3.0
Every day	.4	.7	.5	.6	.6	.6	.4	.5	.5	.6
Valid responses (Count)	2053	2103	4209	4180	3132	2868	5880	5751	1508	1403

Total sample

Boys 11–12 2082; 12–13 4285; 13–14 3167; 14–15 5945; 15–16 1527(Total 17006)
Girls 11–12 2118; 12–13 4231; 13–14 2898; 14–15 5789; 15–16 1417(Total 16453)

COMMENT

When pupils do use medicines for colds, it is clear they are almost always self-prescribed and bought over the counter.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used Milk of Magnesia etc on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	98.9	98.9	98.3	99.3	99.5	99.4	99.5	99.6	99.8	99.7
1 or 2 days	.8	1.0	1.0	.4	.3	.3	.4	.2	.1	.1
3-6 days	.2	.1	.3	.1	.1	.0	.0	.1	.1	.2
Every day	.0	.0	.4	.2	.1	.2	.1	.1	.1	.0
Valid responses (Count)	2054	2100	4218	4192	3134	2872	5881	5757	1512	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

As seen with other examples on this list, this type of medicine is not prescribed for many children at all.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used Milk of Magnesia etc not on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	95.9	96.2	95.6	96.8	95.8	96.8	96.4	97.4	98.1	97.7
1 or 2 days	3.1	2.8	3.2	2.5	2.9	2.4	2.8	2.2	1.2	2.0
3-6 days	.6	.8	.5	.4	.4	.5	.3	.2	.3	.2
Every day	.4	.2	.7	.3	.9	.3	.5	.2	.3	.1
Valid responses (Count)	2053	2098	4214	4189	3133	2872	5881	5756	1511	1405

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Slightly more children took self-prescribed medicine for indigestion, but the percentage is very small.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used lotions or creams on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	94.4	90.6	93.9	90.6	94.8	90.9	94.5	90.0	95.0	91.5
1 or 2 days	3.1	3.5	2.9	2.5	1.7	2.4	1.7	2.2	1.3	1.8
3-6 days	1.0	2.2	1.1	2.2	.7	1.7	1.1	1.8	.8	2.1
Every day	1.6	3.7	2.1	4.7	2.8	5.0	2.8	5.9	2.9	4.7
Valid responses (Count)	2052	2101	4218	4185	3130	2866	5877	5751	1510	1407

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Compared with the other items on this list, the percentage of creams and lotions being prescribed is higher. The question does not differentiate the type, however.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 33: [During last 7 days, on how many days have you used lotions or creams not on doctor's orders]?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	83.5	62.6	79.8	56.0	77.5	57.0	77.9	58.2	77.5	59.1
1 or 2 days	11.1	18.9	12.3	16.4	12.4	14.7	10.6	13.4	9.0	11.5
3-6 days	3.2	9.1	3.9	11.8	4.7	11.3	4.8	9.6	4.6	10.1
Every day	2.1	9.4	4.1	15.7	5.4	17.0	6.7	18.8	8.8	19.4
Valid responses (Count)	2048	2091	4204	4172	3129	2855	5866	5733	1508	1400

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

As before, we see a higher percentage of non-prescribed use. The percentage of girls using lotions or creams is higher than boys in all year groups, and increases for the older age groups - particularly the 'everyday' category.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 34: When did you last use aspirin, paracetamol, or other similar painkiller?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
More than 3 months ago	27.3	20.9	24.5	18.3	22.8	14.0	23.7	11.5	22.0	9.0
In past 3 months	13.0	12.0	12.4	10.2	13.0	9.1	15.2	8.1	14.7	7.6
In past month	19.1	19.8	20.8	19.5	20.8	19.2	20.4	19.4	20.4	19.4
In past 2 weeks	13.3	14.2	13.2	15.2	14.0	14.4	12.1	14.2	11.9	15.1
In last 7 days	27.3	33.1	29.0	36.8	29.4	43.2	28.5	46.8	31.0	48.8
Valid responses (Count)	1974	2028	4089	4075	3056	2835	5740	5676	1474	1401

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The frequency of using painkillers by the girls shows a steady rise in succeeding age groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 35: When you last took medicine or pills that were not on doctor's orders, who decided that you should do so?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I did	16.7	12.7	21.7	18.1	32.0	30.2	42.7	47.7	57.7	61.6
Someone else did	83.3	87.3	78.3	81.9	68.0	69.8	57.3	52.3	42.3	38.4
Valid responses (Count)	1812	1840	3802	3810	2914	2708	5467	5474	1423	1350

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

In the younger age groups more boys than girls take their own decision about medication. This tendency is reversed in the older age groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 37: Have you been vaccinated against polio?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	25.5	20.7	27.1	23.4	21.0	18.4	15.1	14.4	7.9	5.2
Don't know	46.3	43.1	42.0	38.5	40.9	35.5	27.2	20.4	17.6	10.2
Yes	28.2	36.2	30.9	38.2	38.1	46.1	57.8	65.2	74.4	84.7
Valid responses (Count)	1976	2030	4069	4075	3035	2812	5786	5694	1485	1416

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Common ages for having polio vaccinations are about 5, 9, and 13. The substantial increases in positive responses at 14+ and 15+ suggests that the third one is well remembered but the first two (assuming that they were given) are remembered, or believed to be remembered, by only a third of the younger children.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 37: Have you been vaccinated against tetanus?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	21.3	19.9	19.5	19.8	13.8	15.2	8.6	11.2	4.8	4.2
Don't know	33.9	36.5	26.1	28.8	22.8	23.6	14.4	14.6	7.3	4.9
Yes	44.8	43.6	54.4	51.3	63.4	61.2	76.9	74.2	87.9	90.9
Valid responses (Count)	1996	2027	4101	4088	3067	2822	5821	5690	1498	1412

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Tetanus vaccination often accompanies polio vaccination. "Yes" responses for tetanus vaccinations are much higher at all ages and show a steady increase with age. Is this because the tetanus vaccination is more memorable because it is more painful, or because it is associated with accidents requiring an injection?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 37: Have you been vaccinated against tuberculosis (BCG)?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	34.5	38.6	32.6	34.6	21.4	18.3	10.4	9.2	8.8	7.1
Don't know	36.3	33.2	21.8	17.6	14.9	13.3	13.1	9.5	10.7	7.4
Yes	29.2	28.2	45.6	47.7	63.8	68.4	76.5	81.4	80.5	85.5
Valid responses (Count)	1960	1990	4055	4078	3057	2825	5800	5707	1486	1412

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The "Yes" values rise steadily with age for both sexes. The fact that most health Authorities arrange for vaccination during the second year suggests that a substantial number of 1st year pupils believe they have already had a vaccination that has not yet been administered.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 37: Have you been vaccinated against rubella (german measles)? - GIRLS ONLY

	YEAR				
	1st year (11+)	2nd year (12+)	3rd year (13+)	4th year (14+)	5th year (15+)
	Female	Female	Female	Female	Female
No	22.7	5.4	4.3	3.5	3.0
Don't know	4.8	1.5	1.6	1.8	.9
Yes	72.5	93.1	94.1	94.7	96.1
Valid responses (Count)	2072	4173	2869	5752	1410

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The positive values here are in line with, or perhaps higher than, official vaccination statistics.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 38: Have you had any first aid instruction in school within the last two years?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	78.5	77.9	76.0	76.0	80.8	81.9	73.9	77.0	66.2	70.8
Yes	21.5	22.1	24.0	24.0	19.2	18.1	26.1	23.0	33.8	29.2
Valid responses (Count)	2012	1858	4120	3793	3077	2657	5786	5428	1487	1356

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Comparisons between this table and the next suggests that outside agencies are more effective than secondary schools in promoting first aid competence.
Should schools do more than appears from this table?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 38: Have you had any first aid instruction outside school within the last two years?

	YEAR									
	1st year (11+)		2nd yeqr (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	48.3	54.8	53.5	58.6	55.4	62.6	59.0	68.0	65.1	73.9
Yes	51.7	45.2	46.5	41.4	44.6	37.4	41.0	32.0	34.9	26.1
Valid responses (Count)	2016	1864	4139	3812	3083	2644	5789	5397	1486	1345

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

What outside agencies are involved here? The older children seem to be more remote from instruction than the younger ones.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 60: Whenever you ride in the front seat of a car, how often do you fasten the seatbelt?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never	3.2	1.7	3.6	1.3	3.2	1.5	4.6	2.7	3.4	.9
A few times	5.5	2.5	6.3	3.3	6.5	3.8	7.3	5.3	6.8	5.5
Most times	12.6	8.3	13.3	9.0	15.7	10.8	15.3	12.4	16.5	14.7
Every time	78.8	87.5	76.8	86.4	74.6	83.9	72.8	79.7	73.2	78.9
Valid responses (Count)	1941	1991	4018	4059	3038	2816	5771	5696	1482	1408

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

This question post dates the seatbelt legislation, but has been retained because it reflects attitudes towards personal care. These in turn correlate with, in particular, the 'social lifestyle' data: drinkers, smokers, and party-goers are more casual towards this aspect of safety.

Group 4: HOME

Young people spend the majority of their time in and around the home, and it is important for teachers designing an effective health-education input to understand this background. Relevant questions are scattered through the Health Related Behaviour Questionnaire, but the ones included here relate particularly to spare-time activities and home routine. There is also an attempt to derive a 'social readership index' from information about national daily newspapers read by the family.

Question	*Page*
Was any homework set for you yesterday?	65
How long did you spend doing homework after school yesterday?	66
For how long did you watch television programmes (live or recorded) after school yesterday?	67
For how long did you watch video films (bought or borrowed) after school yesterday?	68
How long did you spend playing computer games after school yesterday?	69
How long did you spend reading a book for pleasure at home yesterday?	70
Do you help at home (e.g. housework, gardening)?	71
What was the time when you went to bed last night?	72
What was the time when you got up this morning?	73
Number of 'quality' newspapers read regularly	74
Number of 'popular' newspapers read regularly	75
Number of local newspapers read regularly	76
Number of comics read regularly	77
Number of girls' magazines read regularly	78
Number of music magazines read regularly	79
'Social readership index' derived from quality of newspapers available in the home	80

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 12: Was any homework set for you yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	36.2	31.1	36.3	29.1	33.9	28.3	35.5	26.8	44.5	44.7
Yes	63.8	68.9	63.7	70.9	66.1	71.7	64.5	73.2	55.5	55.3
Valid responses (Count)	2053	2090	4189	4141	3129	2860	5852	5694	1505	1410

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The greater percentage of girls than boys saying that homework was set for them yesterday is maintained through all the years until the 5th. The reason for this difference is not known, since the data refers almost entirely to mixed classes.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 16: How long did you spend doing homework after school yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	38.0	28.2	39.7	29.6	39.6	29.6	40.6	28.0	42.2	36.7
Less than 1 hour	37.7	41.0	37.0	36.7	32.5	36.0	25.9	26.7	19.6	19.1
More than 1 hour	18.8	24.3	18.7	26.0	20.9	25.8	22.3	28.2	19.9	23.7
More than 2 hours	3.8	5.2	3.4	6.2	5.4	6.7	7.8	12.7	12.3	13.4
More than 3 hours	.9	.9	.9	1.1	1.2	1.5	2.3	3.4	3.3	5.0
More than 4 hours	.8	.4	.3	.4	.5	.4	1.1	1.1	2.7	2.1
Valid responses (Count)	2077	2105	4268	4217	3155	2885	5926	5771	1518	1410

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

More girls than boys claim that homework was set on the previous day (see previous table) and they also seem to spend longer over doing it. At the top end of the age range fewer pupils did homework on the previous day, but the amount done by the ones who did any at all was larger than the amount done by the previous year groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 13. For how long did you watch television programmes (live or recorded) after school yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	7.0	5.4	4.7	3.6	4.4	4.3	4.4	4.6	4.7	6.7
Less than 1 hour	17.1	17.8	12.6	14.2	15.0	15.1	15.1	17.7	17.6	17.5
More than 1 hour	21.3	25.4	19.4	22.6	19.0	22.4	20.1	22.6	22.2	23.4
More than 2 hours	20.0	20.5	20.4	20.4	20.4	21.0	20.3	21.5	19.6	20.8
More than 3 hours	13.1	14.7	16.7	16.6	17.8	17.0	17.2	16.3	15.4	14.6
More than 4 hours	9.4	8.2	11.6	11.3	11.2	10.9	10.5	9.6	9.4	9.9
More than 5 hours	12.0	8.0	14.6	11.3	12.2	9.4	12.4	7.9	11.2	7.1
Valid responses (Count)	2062	2097	4254	4194	3140	2872	5894	5758	1514	1411

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

At all ages the boys' average viewing time is higher than the girls. However, this question does not differentiate between concentrated and casual viewing. It is interesting that there is so little difference between the profile of viewing habits across this age range. It cannot be assumed that individuals' viewing habits remain unchanged, since some people could watch less as they grow older and others could compensate the figures by watching more. However, the assumption that individuals' viewing behaviour does not change much is more likely, and has implications for the amount of TV watching permitted at an age when parents still have some control.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 14: For how long did you watch video films (bought or borrowed) after school yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	76.0	81.8	74.2	79.4	73.4	78.2	73.8	81.6	76.4	79.6
Less than 1 hour	7.1	7.4	6.8	7.7	8.9	9.7	8.0	8.2	7.2	8.4
More than 1 hour	7.7	5.8	8.8	6.4	9.2	7.0	8.8	5.7	8.7	6.8
More than 2 hours	5.2	3.2	6.5	4.0	5.3	3.4	5.6	2.8	4.9	3.6
More than 3 hours	2.1	.9	1.9	1.6	1.8	1.3	2.4	1.2	2.0	.8
More than 4 hours	.7	.4	.8	.5	.8	.3	.5	.4	.3	.4
More than 5 hours	1.2	.5	1.1	.4	.8	.1	.9	.2	.5	.4
Valid responses (Count)	2074	2111	4263	4214	3153	2889	5920	5770	1523	1416

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The figures remain relatively unchanged in succeeding year groups. About one quarter of boys and one fifth of girls watched some video after school yesterday. Does this reflect the percentage of homes owning videos?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 15: How long did you spend playing computer games after school yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	70.9	88.5	66.6	89.4	71.3	92.1	76.4	94.9	82.1	96.4
Less than 1 hour	12.8	8.0	14.2	7.2	13.9	5.5	10.9	3.7	8.9	2.6
More than 1 hour	7.6	2.1	9.3	2.0	6.6	1.4	5.7	1.0	3.9	.6
More than 2 hours	4.6	1.0	4.6	.8	4.2	.6	3.4	.3	2.5	.1
More than 3 hours	1.9	.3	2.8	.4	1.9	.2	1.9	.1	1.4	.1
More than 4 hours	1.2	.1	1.1	.1	.8	.1	.8	.0	.4	.1
More than 5 hours	1.2	.0	1.3	.1	1.3	.1	.9	.1	.7	.1
Valid responses (Count)	2078	2113	4267	4223	3155	2887	5928	5777	1520	1414

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The figures indicate a decrease in popularity of computer games with increasing age. However, it must be remembered that this is not a longitudinal study, and rapid developments in the computer games market could add an extra "variable" to the analysis as presented here.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 17: How long did you spend reading a book for pleasure at home yesterday?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	49.4	35.5	52.5	39.8	55.3	45.5	62.4	53.2	66.3	56.6
Less than 1 hour	35.8	42.9	33.6	38.4	31.8	35.7	26.7	31.1	23.6	27.2
More than 1 hour	10.3	15.1	10.2	15.6	9.2	13.2	8.0	11.2	7.3	11.7
More than 2 hours	3.0	4.4	2.4	4.5	2.6	4.0	1.9	3.2	1.9	2.5
More than 3 hours	.7	1.1	.8	1.0	.5	.9	.6	.8	.5	1.1
More than 4 hours	.8	.9	.4	.7	.6	.7	.5	.4	.5	.9
Valid responses (Count)	2079	2113	4271	4223	3162	2894	5926	5779	1522	1414

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

These figures, showing a substantial fall in the percentage of older boys and girls reading books, must cause concern to many people.

Greater demands from set homework for the more studious children may be one explanation and more frequent excursions from home for the more socially inclined may be another.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 18: Do you help at home (e.g. housework, gardening)?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never	5.2	1.2	5.0	1.7	5.0	1.5	5.9	1.5	5.9	1.7
Sometimes	50.9	42.6	52.0	40.5	52.4	41.2	52.1	38.6	53.8	41.2
On most days	26.9	31.5	25.6	30.4	26.2	30.7	25.2	32.2	24.9	29.8
Every day	17.0	24.6	17.4	27.4	16.4	26.7	16.9	27.7	15.5	27.3
Valid responses (Count)	2079	2115	4276	4222	3162	2895	5938	5782	1521	1417

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

These figures suggest that levels of 'helpfulness' set at 11 do not change much as children grow older. Predictably, more girls than boys are seen to be habitually helpful.

Health Related Behaviour Questionnaire
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HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 66: What was the time when you went to bed last night?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
By 9.00 p.m.	21.1	26.4	12.1	14.7	7.6	6.9	4.2	4.4	2.4	3.5
By 9.30 p.m.	23.5	28.1	18.4	21.7	11.5	13.3	6.7	8.5	4.1	5.7
By 10.00 p.m.	26.1	23.7	27.2	24.9	25.2	27.2	18.6	19.3	13.1	14.9
By 10.30 p.m.	14.0	11.7	19.3	19.3	24.0	24.5	23.9	25.9	23.2	24.0
By 11.00 p.m.	8.8	5.7	11.2	10.0	14.8	15.5	20.2	19.5	22.1	23.2
By 11.30 p.m.	3.1	2.7	6.1	5.1	8.1	7.4	11.7	11.6	14.9	14.5
By 12.00 midnight	1.7	1.1	3.2	2.4	4.5	3.1	7.3	5.9	9.6	7.4
By 1.00 a.m.	1.3	.7	2.0	1.2	3.0	1.7	5.5	3.6	7.3	4.8
By 2.00 a.m.	.2	.1	.4	.4	1.0	.4	1.2	.8	2.0	1.4
After 2 a.m.	.2	.0	.1	.3	.3	.1	.6	.5	1.4	.5
Valid responses (Count)	1880	1973	3927	4047	2988	2796	5693	5692	1474	1403

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Times of going to bed change noticeably between 1st and 4th years, less so between 4th and 5th years. In all age groups the girls tend to go to bed slightly earlier. About 10% of 5th year boys went to bed after midnight with school on the following day.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 65: What was the time when you got up this morning?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
By 6.00 a.m	3.3	2.3	4.5	2.1	9.2	2.7	6.6	2.8	6.7	2.4
By 6.30 a.m.	5.8	5.3	5.7	5.1	7.1	5.4	7.1	5.7	6.4	4.4
By 7.00 a.m.	21.2	23.9	19.6	24.6	18.1	23.9	16.6	21.9	15.4	22.0
By 7.30 a.m.	40.7	42.8	38.2	42.9	32.9	41.4	30.3	40.1	29.6	40.1
By 8.00 a.m.	23.8	22.3	25.6	21.5	23.6	21.9	26.9	23.9	28.1	24.7
After 8.00 a.m	5.2	3.5	6.4	3.9	9.1	4.8	12.5	5.7	13.8	6.4
Valid responses (Count)	1882	1978	3931	4050	2994	2798	5701	5700	1475	1403

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Older children, particularly boys, get up later!

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: [Number of quality newspapers read regularly :Times, Telegraph, Guardian, Independent]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I don't read any	93.4	93.9	94.0	94.9	89.7	94.5	88.9	92.1	87.2	93.8
I read one	6.4	5.9	5.5	4.6	9.3	4.8	9.6	7.0	10.5	5.7
I read two	.2	.2	.5	.4	1.0	.6	1.3	.8	1.9	.5
I read three or more	.0	.1	.1	.0	.1	.0	.3	.1	.3	.0
Valid responses (Count)	1825	1896	3773	3956	2912	2760	5522	5616	1453	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

There is a very slight tendency for more boys than girls to read 'quality' newspapers. Taste rather than availability seems to be the reason, as presumably the great majority of these newspapers are available in the home or school library rather than purchased.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: [Number of popular newspapers read regularly : Mail, Express, Today, Sun, Mirror, Star etc]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I don't read any	49.5	52.6	43.2	46.1	37.5	39.0	32.9	35.3	30.2	29.5
I read one	40.5	38.4	43.3	41.1	47.6	45.9	48.1	46.5	49.8	54.2
I read two	8.2	7.0	10.2	10.1	11.7	11.8	14.1	14.3	15.0	12.9
I read three or more	1.8	2.1	3.3	2.7	3.3	3.3	4.9	3.9	5.0	3.5
Valid responses (Count)	1820	1895	3773	3957	2912	2757	5519	5614	1454	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The differences between reading tastes of boys and girls with regard to 'popular' newspapers is similar to the previous 'quality' newspaper choices. In summary, slightly more boys than girls read newspapers.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: [Number of local newspapers read regularly]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I don't read any	51.0	52.8	43.6	45.9	37.3	39.7	32.2	34.5	29.7	28.7
I read one	40.9	39.5	48.5	46.5	48.9	44.2	55.5	52.4	53.2	54.0
I read two	7.4	6.9	7.1	6.5	11.1	13.9	10.3	10.7	14.9	14.5
I read three or more	.7	.8	.8	1.1	2.7	2.2	2.0	2.4	2.1	2.8
Valid responses (Count)	1818	1896	3775	3959	2917	2758	5519	5614	1454	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Local newspapers (which presumably includes free papers) are read by a surprisingly large and similar percentage of boys and girls. As a percentage they almost exactly match the 'popular' newspaper figures. Probably quite a lot are read on newspaper rounds!

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: [Number of comics read regularly]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I don't read any	49.9	68.6	60.8	77.1	74.4	85.6	81.8	91.2	85.4	93.5
I read one	33.3	24.6	26.6	17.7	17.8	11.7	13.8	7.0	10.6	5.3
I read two	12.3	5.1	9.0	4.3	5.9	2.1	3.3	1.4	2.8	.9
I read three or more	4.5	1.7	3.7	.9	2.0	.7	1.1	.3	1.2	.3
Valid responses (Count)	1821	1893	3774	3959	2918	2757	5522	5614	1454	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

More boys than girls read comics, and the percentage reading them drops for the older age groups.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: [Number of girls' magazines read regularly]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I don't read any	98.7	62.1	99.3	53.4	99.2	43.0	99.0	40.5	99.3	41.1
I read one	1.2	26.6	.6	30.9	.6	35.4	.9	38.1	.6	38.0
I read two	.1	8.3	.1	11.7	.1	15.9	.1	15.7	.1	15.7
I read three or more	.0	3.0	.0	3.9	.1	5.6	.0	5.6	.0	5.3
Valid responses (Count)	1822	1893	3776	3959	2916	2755	5524	5612	1454	1390

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The popularity of girls' magazines is greater with the older age groups, so that 60% of the 4th and 5th years read a magazine regularly.
Interestingly, a few boys also read them!

A component of these magazines is often given over to health and social education matters, to which girls therefore have more access than boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: [Number of music magazines read regularly]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I don't read any	93.7	68.0	92.5	61.2	89.9	56.4	88.2	65.0	87.0	71.4
I read one	5.9	28.7	6.9	34.8	8.7	36.4	9.2	30.3	8.6	23.6
I read two	.4	3.3	.5	4.0	1.2	6.9	2.0	4.5	3.6	4.6
I read three or more	.0	.1	.0	.1	.2	.3	.5	.2	.8	.4
Valid responses (Count)	1822	1893	3775	3959	2916	2755	5522	5614	1454	1390

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

These magazines are also more popular with girls than with boys, although the percentage of boys reading them is greater for the older age groups. Very few boys (about 6%) report reading them regularly in the 1st-year compared with 13% in the 5th-year.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 67: ['Social readership index' derived from quality of newspapers available in the home]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
High index	23.9	24.5	20.3	21.4	22.7	19.1	21.4	22.2	21.6	18.6
Medium index	25.5	26.9	25.4	24.2	29.1	29.2	27.8	27.3	32.4	30.6
Low index	50.6	48.6	54.4	54.4	48.1	51.7	50.7	50.6	46.0	50.8
Valid responses (Count)	1539	1628	3278	3446	2565	2407	4867	4898	1275	1196

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

This attempt to devise indirectly a measure of social background is the outcome of some disheartening experience with earlier versions of the questionnaire. The relationship between socio-economic status and selection of national newspapers is well established. However our experience shows that the 'social readership index' has better discrimination at the top and bottom ends of the scale than in the middle. See I.D.M.MacGregor and J.W.Balding, 'Annals of Human Biology', 1988, Vol.15 No.6, 435-441.

Group 5: DRUGS

Information about the use of drugs, whether legal or illegal, is often sensationalised. It is an area where the teacher may feel handicapped by a lack of knowledge about their degree of use, and a confidential questionnaire offers the best chance of deriving reliable information. Although tobacco and alcohol are in a general sense 'legalised', some of the questions reveal the extent of under-age purchase of alcoholic beverages. Three sets of tables referring to the availability of solvents and 'illegal' drugs are also presented.

Question	*Page*
Since this time yesterday, how many cigarettes have you smoked?	83
Since this time last week, how many cigarettes have you smoked?	84
Smoking: which of the following most nearly describes you?	85
If you have had any alcoholic drink since this time last week, on how many days did you do so?	86
Since this time last week, how many pints of shandy have you drunk?	87
Since this time last week, how many pints of beer or lager have you drunk?	88
Since this time last week, how many pints of cider have you drunk?	89
Since this time last week, how many glasses of wine have you drunk?	90
Since this time last week, how many glasses of fortified wine have you drunk?	91
Since this time last week, how many measures of spirits have you drunk?	92
Total number of alcohol units consumed in the last 7 days	93
If you drank alcohol since this time last week, where did you get it from?	94
Please say how many times you have visited a pub or bar within the last 2 weeks (even if you didn't drink)	95
When you last went to a pub or bar, how did you go?	96
Have you used any of these drugs except on a doctor's prescription?	97
Have you ever been offered any of these drugs?	98
Do you think any of your friends take any of these drugs?	99

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 49a: Since this time yesterday, how many cigarettes have you smoked?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	98.7	98.7	96.6	96.7	93.0	91.4	89.1	83.8	85.0	79.1
1 cigarette	.5	.8	.8	1.1	1.4	2.0	1.1	2.1	.9	1.6
2 cigarettes	.2	.1	.5	.4	.9	1.5	.8	1.9	1.1	1.4
3 cigarettes	.2	.1	.2	.4	.3	1.0	.9	1.4	.9	2.0
4 cigarettes	.1	.0	.3	.2	.6	.8	.4	.9	.7	1.6
5 cigarettes	.0	.1	.5	.2	.7	.8	.8	1.8	1.1	2.2
6-10 cigarettes	.2	.0	.7	.7	1.7	1.6	3.6	4.6	4.1	6.5
11-15 cigarettes	.0	.0	.1	.1	.4	.5	1.4	1.9	2.9	2.8
16-20 cigarettes	.1	.0	.1	.1	.4	.2	1.2	1.1	2.0	1.8
21 or more cigarettes	.1	.0	.2	.1	.6	.2	.6	.5	1.3	.8
Valid responses (Count)	1993	2066	4131	4141	3079	2857	5813	5743	1494	1408

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The greater percentage of older girls than boys smoking, as shown in this table and the next, has been discussed in many surveys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 49b: Since this time last week, how many cigarettes have you smoked?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	97.9	97.9	95.5	94.7	90.7	87.7	86.7	79.5	80.9	74.8
1-10 cigarettes	1.6	1.7	2.5	3.4	4.1	7.3	4.6	7.5	4.7	7.0
11-15 cigarettes	.2	.2	.4	.3	.7	.6	.5	1.4	.9	1.4
16-25 cigarettes	.2	.2	.6	.7	1.4	2.0	1.4	3.2	2.5	3.8
26-35 cigarettes	.1	.0	.3	.4	.9	.9	1.1	2.2	1.4	3.0
36-45 cigarettes	.0	.0	.2	.2	.5	.5	1.2	1.7	1.7	2.3
46-55 cigarettes	.0	.0	.1	.2	.5	.4	1.1	1.2	1.0	1.6
56-65 cigarettes	.0	.0	.1	.0	.2	.2	.8	.7	1.5	1.5
66 or more cigarettes	.1	.0	.3	.2	1.1	.5	2.5	2.7	5.5	4.8
Valid responses (Count)	1993	2064	4125	4145	3078	2853	5801	5734	1496	1406

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Calculations based on the preceding table to predict a 7-day consupmtion of cigarettes gives totals in excess of those reported in this table. It seems as though some of the children are under-estimating, or perhaps do not smoke the same number of cigarettes every day.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 50: Smoking: which of the following most nearly describes you?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never started smoking	79.9	81.3	69.8	66.3	57.0	52.8	48.8	40.8	42.4	34.9
Smoked once or twice	15.6	13.9	20.5	21.8	25.8	25.3	28.0	26.0	27.5	25.5
Have given up smoking	3.1	3.1	5.9	7.9	9.5	11.9	11.5	15.1	12.9	16.1
Like to stop smoking	.8	1.2	2.6	3.1	5.5	7.9	8.2	13.1	11.9	18.2
I don't want to stop	.5	.4	1.3	1.0	2.2	2.1	3.5	5.0	5.3	5.4
Valid responses (Count)	1969	2038	4087	4094	3048	2801	5740	5600	1470	1383

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

It will be seen that the majority of smokers would like to stop. The focus of health education needs to be on what prevents them; clearly the government health warning is not enough.

Comparisons between this table and the last one indicate that some who report smoking in the past week choose to describe themselves in the "non-smoker" category ("never started", "once or twice", "given up").

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 61. If you have had any alcoholic drink since this time last week, on how many days did you do so?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	48.3	65.3	39.6	57.1	33.1	45.9	32.4	42.2	24.0	31.6
On 1 day	38.1	26.7	41.5	32.5	41.1	35.3	36.8	35.4	30.1	35.3
On 2 days	7.3	4.4	9.2	5.9	13.2	10.2	15.3	13.2	20.8	16.3
On 3 days	2.8	1.4	4.6	2.1	6.2	4.5	7.0	4.4	10.0	8.1
On 4 days	.9	1.0	2.0	1.1	2.7	1.9	3.3	2.6	6.9	4.0
On 5 days	1.2	.5	1.1	.8	1.1	.8	2.1	1.1	3.0	2.6
On 6 days	.2	.1	.5	.1	.8	.7	1.1	.5	1.4	1.1
On every day	1.2	.5	1.5	.4	1.7	.7	2.1	.5	3.9	1.0
Valid responses (Count)	1745	1855	3586	3780	2770	2649	5281	5320	1422	1356

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The table shows the expected higher levels of consumption in the older children. The following points should be borne in mind:

1. The percentage of pupils in the "one day" category is higher than any of the other positive number of days, and up to the 4th year it is higher than the combined percentage for all the other number of days.
2. A greater percentage of boys than girls are "drinkers".
3. The figures for the 1st-year indicate that half the 11 year old boys and one third of the 11 year old girls drank at least once in this past week. When did they start? Clearly substantial numbers of children in primary school must be consuming some alcholic drink.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Since this time last week, how many pints of shandy have you drunk?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	61.2	77.7	56.5	74.7	63.0	76.8	71.5	85.0	81.4	88.5
1 pint	28.9	19.4	30.5	21.4	25.1	18.4	19.3	12.4	12.0	9.4
2 pints	5.3	1.8	7.0	2.7	7.4	3.1	5.7	1.8	4.1	1.2
3 pints	1.9	.6	3.1	.7	2.0	.8	1.6	.4	1.2	.7
4 pints	1.4	.2	1.3	.3	1.2	.4	.9	.2	.3	.0
5 pints	.3	.1	.8	.2	.5	.1	.5	.1	.5	.1
6 pints	.4	.1	.3	.0	.2	.1	.2	.1	.2	.0
7 pints	.1	.0	.2	.0	.2	.1	.1	.0	.1	.0
8 pints	.0	.0	.0	.0	.1	.0	.1	.0	.0	.0
9 pints or more	.5	.1	.3	.1	.4	.1	.1	.0	.2	.1
Valid responses (Count)	1844	1903	3883	3915	2941	2751	5577	5505	1454	1371

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Shandy seems to be most popular with the 2nd-year pupils. Fewer are drinking it at 15+ than at 11+, and comparison with other drinks listed here suggests that shandy may be the primary school child's main introduction to alcoholic drink. It must also be pointed out that they are more likely to consume the fairly innocuous canned variety rather than the stronger hand-blended version: our latest questionnaire discriminates between the two kinds.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Since this time last week, how many pints of beer or lager have you drunk?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	84.2	94.1	77.1	91.3	67.0	85.9	58.4	81.8	42.3	78.4
1 pint	11.2	5.1	15.1	6.7	17.2	9.5	15.4	10.0	13.6	9.4
2 pints	2.3	.4	4.0	1.3	7.0	2.5	9.4	3.3	11.4	5.3
3 pints	.8	.2	1.4	.3	3.4	1.1	4.8	1.7	7.5	2.3
4 pints	.9	.1	1.1	.3	2.2	.5	3.7	1.4	5.5	2.0
5 pints	.2	.0	.4	.0	1.4	.1	2.0	.5	3.7	.6
6 pints	.1	.1	.3	.0	.5	.1	1.5	.6	3.0	.6
7 pints	.0	.0	.3	.0	.4	.1	1.1	.1	1.7	.4
8 pints	.0	.1	.1	.0	.3	.0	1.1	.3	2.5	.4
9 pints or more	.4	.1	.3	.1	.7	.1	2.7	.3	8.9	.7
Valid responses (Count)	1844	1904	3883	3916	2942	2750	5574	5505	1452	1371

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Beer and lager drinking shows a steady rise in popularity for the older age groups of both boys and girls. At the age of 15+ the majority of boys drank at least some beer during the past week, and the average weekly consumption by the "drinkers" is the equivalent of about 4 pints.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Since this time last week, how many pints of cider have you drunk?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	85.4	93.2	80.3	88.9	78.5	83.7	77.3	80.1	78.7	82.7
1 pint	10.7	5.8	13.6	7.5	13.4	10.5	12.2	11.0	11.1	10.0
2 pints	2.2	.4	3.2	1.9	4.2	3.5	5.3	4.3	5.4	4.4
3 pints	.8	.1	1.3	.7	1.7	.9	2.0	1.8	1.7	1.2
4 pints	.4	.2	.6	.5	1.1	.8	1.5	1.2	.6	.7
5 pints	.0	.1	.3	.2	.2	.3	.5	.5	.4	.2
6 pints	.2	.1	.1	.1	.3	.1	.5	.5	.8	.2
7 pints	.2	.1	.2	.0	.0	.0	.1	.0	.3	.2
8 pints	.0	.0	.0	.0	.1	.1	.1	.2	.3	.1
9 pints or more	.2	.1	.3	.1	.4	.1	.3	.3	.7	.3
Valid responses (Count)	1845	1903	3884	3917	2942	2750	5578	5503	1453	1371

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The consumption of cider is higher until age 15+, when it begins to fall, boys consuming more than girls. Even at age 11, 10% of boys have had one pint or more of cider in the past week.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Since this time last week, how many glasses of wine have you drunk?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	81.5	85.3	78.6	82.4	73.3	75.5	75.6	74.1	71.4	69.0
1 glass	12.0	9.7	12.6	11.1	14.4	12.5	11.3	11.9	9.7	10.8
2 glasses	3.4	3.2	5.0	3.9	6.1	6.9	6.6	7.7	8.0	8.0
3 glasses	1.3	1.1	2.0	1.3	2.8	2.2	3.2	2.7	4.3	5.2
4 glasses	.9	.3	.7	.5	1.4	1.5	1.3	1.6	1.8	2.5
5 glasses	.3	.2	.4	.3	.7	.7	.7	.5	1.6	1.4
6 glasses	.2	.1	.3	.2	.4	.3	.6	.7	.8	1.3
7 glasses	.1	.1	.1	.1	.2	.2	.2	.3	.5	.3
8 glasses	.0	.0	.2	.1	.3	.2	.1	.2	.4	.4
9 glasses or more	.3	.2	.1	.3	.5	.1	.3	.4	1.4	1.2
Valid responses (Count)	1845	1902	3885	3914	2941	2751	5577	5502	1453	1371

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Wine drinking is slightly more popular with the older girls than the boys.
This has been noticed in previous surveys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Since this time last week, how many glasses of fortified wine have you drunk?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	93.3	93.9	90.6	89.9	88.6	84.8	87.5	81.4	85.4	73.9
1 glass	4.4	4.4	5.6	5.7	6.7	7.6	6.3	9.0	6.3	8.3
2 glasses	1.1	1.2	1.8	2.6	2.2	4.2	2.9	4.4	3.4	7.2
3 glasses	.7	.3	.8	.6	1.0	1.3	1.4	2.1	1.2	3.7
4 glasses	.3	.0	.5	.5	.5	.7	.8	1.3	1.2	2.4
5 glasses	.1	.0	.3	.2	.3	.4	.3	.7	.6	1.6
6 glasses	.1	.1	.1	.1	.2	.4	.1	.4	.3	.9
7 glasses	.0	.1	.1	.2	.1	.2	.1	.2	.2	.4
8 glasses	.0	.0	.0	.1	.1	.2	.1	.1	.2	.3
9 glasses or more	.2	.1	.3	.2	.3	.1	.6	.5	1.2	1.4
Valid responses (Count)	1845	1904	3885	3916	2939	2750	5576	5504	1452	1369

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The consumption of fortified wine is noticeably higher for the older girls than the boys. The kind of drink in this category includes vermouth, port, sherry and brand-name beverages.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Since this time last week, how many measures of spirits have you drunk?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	95.0	97.5	90.9	94.6	87.6	89.2	82.8	83.9	74.6	71.1
1 measure	3.2	1.6	5.1	3.0	5.5	5.2	6.8	5.3	7.0	7.9
2 measures	.7	.5	1.9	1.0	2.7	2.3	4.3	3.5	6.2	6.2
3 measures	.5	.2	1.0	.4	1.4	1.2	2.0	2.2	3.7	3.5
4 measures	.1	.0	.3	.2	1.1	.8	1.3	1.7	2.3	2.6
5 measures	.2	.0	.2	.3	.4	.5	.8	.8	1.3	1.4
6 measures	.2	.0	.2	.2	.2	.3	.4	.8	1.4	2.1
7 measures	.0	.0	.1	.1	.2	.0	.3	.4	.4	.9
8 measures	.0	.1	.0	.1	.2	.0	.2	.3	.7	1.2
9 or more measures	.1	.1	.3	.2	.6	.4	1.2	1.0	2.6	3.1
Valid responses (Count)	1844	1904	3882	3915	2939	2745	5573	5497	1447	1371

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

There is substantially higher consumption of spirits (gin, whisky, vodka, etc.) at the upper age level, and they are popular with a slightly greater percentage of girls than boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage of boys and girls responding to

Question 62: [Total number of alcohol units consumed in last 7 days]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
None at all	45.6	64.1	36.9	55.3	31.1	44.4	30.8	41.2	23.4	31.4
1 unit	21.7	18.1	20.2	19.9	16.1	17.5	11.5	13.5	7.4	10.8
2 units	11.5	8.1	11.5	8.6	12.5	10.9	9.5	10.3	7.2	10.2
3 units	4.3	3.6	6.7	4.5	6.5	6.3	6.2	6.4	4.5	5.8
4 units	4.0	2.2	6.0	3.3	7.2	5.6	7.3	6.0	6.3	7.2
5 units	2.9	1.2	3.6	2.1	4.3	3.0	3.7	3.5	3.9	5.4
6 units	2.1	.7	2.9	1.5	3.7	2.7	4.5	3.6	5.7	4.8
7-10 units	4.5	1.3	6.6	2.5	9.5	5.4	11.6	7.6	13.3	10.7
11-20 units	2.4	.6	4.1	1.8	6.8	3.5	9.8	6.2	16.1	10.9
21 or more units	.9	.3	1.4	.6	2.2	.7	5.0	1.8	12.2	2.8
Valid responses (Count)	1843	1900	3879	3911	2936	2743	5564	5491	1445	1368

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Some average levels of consumption of units by the "drinkers":

	Boys	Girls
1st year	4	3
2nd year	4	3
3rd year	6	4
4th year	8	5
5th year	11	7

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 63: If you drank alcohol since this time last week, where did you get it from?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Obtained alcohol from										
Supermarket	6.3	3.5	6.6	4.1	6.6	3.8	7.3	4.2	9.6	4.6
Off-licence	6.3	2.8	8.0	4.9	13.0	9.6	17.4	12.5	26.0	13.4
Pub	5.2	2.8	4.9	3.0	7.9	6.3	14.0	12.4	30.0	26.7
Home	26.2	19.4	32.8	24.5	38.1	30.5	36.5	31.0	41.1	36.3
Friend's home	4.7	2.8	9.2	6.4	11.5	11.9	14.8	13.0	18.0	15.9
Relation's home	6.1	3.5	6.6	6.0	8.5	7.4	7.7	6.2	10.7	9.5
Disco or party	7.4	4.9	9.6	7.3	11.9	11.4	12.3	13.4	20.1	21.4
Somewhere else	4.5	2.2	4.4	3.1	5.0	3.4	5.0	3.7	4.4	2.5

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

"The home" is always the most popular single source, but this does not necessarily mean that most of the weekly intake of alcohol was either acquired or consumed there. Note the much higher percentage giving off-licences as a source compared with supermarkets. Are licensees more flexible than check-out operators?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 64a: Please say how many times you have visited a pub or bar within the last 2 weeks (even if you didn't drink)

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Not at all	62.7	69.6	64.6	71.2	58.0	64.2	53.2	59.2	41.4	44.8
Once	16.2	14.8	15.3	14.3	17.2	16.9	16.6	17.9	16.8	18.0
Twice	11.5	8.1	9.3	8.0	11.2	8.5	11.9	10.4	15.4	15.3
3 times	3.1	3.2	4.2	2.6	4.8	3.8	5.8	4.6	7.3	6.6
4 times	2.5	1.7	2.5	1.8	3.7	2.2	4.7	3.1	7.4	5.3
5 times	1.0	1.0	1.2	.8	1.7	1.2	2.3	1.6	3.0	3.3
6 times	.7	.3	.7	.4	.7	.6	1.3	1.1	2.4	2.3
7 times	.7	.4	.6	.3	.6	.6	1.0	.7	1.0	1.5
8 times	.2	.2	.3	.2	.3	.2	.8	.4	1.5	1.0
9 times or more	1.3	.8	1.2	.4	1.9	1.8	2.5	1.2	3.9	1.8
Valid responses (Count)	1748	1837	3747	3836	2860	2679	5412	5433	1426	1350

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Over half of all children in the 15+ age group reported to be visiting a pub in the last week. However...

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 64b: When you last went to a pub or bar, how did you go?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never been	14.9	16.9	16.5	15.3	10.5	11.5	8.6	8.3	4.9	4.9
Alone	3.0	.8	2.6	1.0	3.5	1.3	3.4	1.4	3.6	1.5
My parents	69.4	71.5	64.8	67.6	60.5	61.0	49.0	46.6	31.1	28.7
Friend of my sex	5.5	5.4	6.5	7.3	9.6	9.5	14.2	13.4	21.2	15.7
Friend of opposite sex	2.2	1.2	2.8	2.1	3.0	3.2	4.0	7.4	6.3	13.6
Friends of my sex	1.3	.5	2.0	1.4	3.9	2.2	8.0	5.3	14.4	9.5
Friends of opposite sex	.4	.2	.6	.5	.8	.6	1.2	1.3	1.3	2.5
Friends of both sexes	1.6	1.9	2.2	2.9	5.4	8.1	8.7	13.9	15.3	20.9
Someone else	1.8	1.5	2.0	2.0	2.7	2.6	2.8	2.4	1.9	2.7
Valid responses (Count)	1795	1859	3759	3843	2910	2783	5514	5457	1441	1361

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

...the large percentage of pub visits paid with parents, even at the top end of the age range, should be noted. Is this cause for reassurance or concern?

Many bars are associated with sports and social clubs of which young children are welcome members.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 68: Have you used any of these drugs except on a doctor's prescription? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Amphetamines	.1	.0	.3	.1	.4	.2	1.0	.7	1.2	1.1
Barbiturates	.1	.1	.3	.0	.2	.1	.4	.2	.7	.5
Cannabis (leaf form)	.3	.0	.4	.3	1.1	.5	2.2	1.8	4.3	3.0
Cannabis (oil or resin)	.1	.0	.3	.2	.5	.1	1.4	1.1	2.9	1.7
Cocaine	.1	.1	.3	.4	.3	.3	.5	.2	.8	.3
Hallucinogens: natural	.0	.1	.3	.1	.7	.5	1.6	1.0	1.4	.9
Hallucinogens: synthetic	.0	.0	.2	.1	.2	.0	.4	.3	.9	.5
Heroin	.1	.0	.3	.2	.3	.2	.6	.2	.9	.2
Solvents	.2	.2	.8	1.1	.8	1.9	2.8	3.4	2.8	1.7
Tranquilisers	.5	.4	.5	.6	.8	.7	.9	.8	.8	.7

Total sample

Boys 11–12 2082; 12–13 4285; 13–14 3167; 14–15 5945; 15–16 1527(Total 17006)
Girls 11–12 2118; 12–13 4231; 13–14 2898; 14–15 5789; 15–16 1417(Total 16453)

COMMENT

A low level of use is reported in all groups. The levels of solvent and cannabis are most noticeable. A comparative study of six schools reported in School Children and Drugs in 1987 suggests high level of exposure in a few schools and very little exposure in most, giving overall low level as depicted above.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 69: Have you ever been offered any of these drugs? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Amphetamines	.1	.1	.4	.4	.9	.6	1.9	1.5	3.6	3.4
Barbiturates	.0	.0	.2	.1	.4	.1	.6	.5	1.4	.8
Cannabis (leaf form)	.2	.0	1.1	.9	2.4	1.8	5.3	4.2	10.8	8.2
Cannabis (oil or resin)	.1	.2	.5	.4	1.2	.4	2.8	2.1	5.5	4.0
Cocaine	.6	.3	.8	.9	1.4	.8	2.2	1.5	3.9	2.2
Hallucinogens: natural	.1	.0	.6	.3	1.3	1.4	3.1	2.5	3.7	3.4
Hallucinogens: synthetic	.0	.1	.3	.1	.7	.3	1.2	1.1	2.2	1.4
Heroin	.7	.5	1.5	.7	2.1	1.3	2.4	2.0	3.5	2.5
Solvents	.5	.5	1.6	1.2	2.4	2.7	3.8	4.8	5.0	4.2
Tranquilisers	.3	.1	.5	.3	.7	.3	.7	.7	1.1	.7

Total sample

Boys 11–12 2082; 12–13 4285; 13–14 3167; 14–15 5945; 15–16 1527(Total 17006)
Girls 11–12 2118; 12–13 4231; 13–14 2898; 14–15 5789; 15–16 1417(Total 16453)

COMMENT

As expected, the number being offered drugs exceeds the number reporting using the drugs. Comparing the 5th-year figures in both tables, the opportunity to experiment with cannabis seems to have been accepted by about 40% of these boys and girls who were offered it.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 70: Do you think any of your friends take any of these drugs? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Amphetamines	.2	.0	.6	.3	1.2	1.5	1.8	2.8	4.5	5.1
Barbiturates	.3	.1	.2	.1	.5	.2	.7	.9	1.3	1.4
Cannabis (leaf form)	.7	.1	1.7	1.1	3.8	3.1	5.3	6.7	12.3	12.1
Cannabis (oil or resin)	.3	.0	.7	.4	1.4	.9	3.2	2.8	6.9	5.0
Cocaine	.7	.4	.7	.9	1.7	1.6	2.0	1.9	2.7	2.7
Hallucinogens: natural	.1	.2	.6	.4	1.9	2.7	3.6	3.9	4.1	5.7
Hallucinogens: synthetic	.2	.0	.4	.1	1.0	.6	1.6	1.8	2.4	2.4
Heroin	1.1	.7	.9	1.3	1.7	2.1	2.3	2.5	3.0	3.6
Solvents	.9	.4	2.6	2.9	3.9	5.0	7.0	8.8	7.4	8.9
Tranquilisers	.3	.1	.2	.4	.6	.9	.7	1.2	1.3	1.5

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Interpretation is difficult. The children in one group or class might all be thinking of the same 'user', so these percentages are likely to be higher than the frequency of use. However, the information in any one school may indicate how close young people are to known sources of drugs.

Group 6: MONEY

The amount of money that a young person has to spend is an important factor in determining their access to a host of behaviours. This section examines working for money, levels of income and saving, and the sorts of things that they spend their money on.

Question	*Page*
Do you do a regular paid job during term time?	103
If you do a regular paid job during term time, please describe the work you do	104
When do you do this regular paid job during term time?	105
How many hours did you spend on your regular paid job last week?	106
How much money did you receive last week for your regular paid job?	107
How much money did you receive last week from any other job you happened to do?	108
How much money did you receive last week as pocket money or allowance?	109
How much money did you receive last week as a gift?	110
How much of your own money did you spend last week?	111
Do you keep money in any of the following savings schemes?	112
What are your total savings at the present time?	113
Have you spent money on any of the following in the last 4 weeks?	114, 115

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 19a: Do you do a regular paid job during term time?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	81.1	88.0	72.9	83.7	58.0	70.8	57.0	63.9	48.1	48.4
Yes	18.9	12.0	27.1	16.3	42.0	29.2	43.0	36.1	51.9	51.6
Valid responses (Count)	2073	2107	4260	4201	3156	2887	5915	5770	1520	1413

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

At the age of 15 the percentage of girls undertaking paid work brings them to a level with the boys at just over 50%. Even in the first year of secondary schooling one boy in five has a paid job.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 19b: If you do a regular paid job during term time, please describe the work you do

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Baby-sitting	1.1	7.9	2.0	21.7	1.7	23.3	2.5	21.3	.8	6.7
In a shop	5.2	8.3	5.8	10.1	7.5	14.2	12.3	25.2	31.4	47.9
Manual work	15.3	7.0	9.4	2.0	8.3	2.7	8.7	1.6	12.1	1.8
Paper round	33.2	34.3	56.3	33.6	64.5	33.9	55.7	21.1	35.3	7.6
In a hotel or cafe	3.3	3.3	2.4	5.9	3.3	9.8	4.6	17.3	7.7	24.5
Farm or garden work	18.5	6.2	9.1	3.3	8.6	4.6	8.5	2.3	6.9	1.0
Miscellaneous	11.2	10.3	8.4	8.3	4.6	6.2	6.2	6.9	4.8	7.6
Paid housework	12.3	22.7	6.7	15.1	1.4	5.2	1.5	4.3	1.0	2.9
Valid responses (Count)	367	242	1109	663	1287	823	2481	2058	777	721

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

For boy "workers", the paper round seems the most popular job throughout the age range, although it shows a substantial fall in the 5th-year. In the 3rd-year two out of every three working boys are involved with paper deliveries. The girls start on paper-round parity with the boys at 11+, but at 15+ the greater majority of workers are shop assistants or waitresses. A third of the 5th-year working boys also work in shops.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 19c: When do you do this regular paid job during term time?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Evenings	33.9	35.9	31.7	45.2	27.3	36.3	26.1	26.0	14.2	14.7
Mornings	9.8	10.8	19.6	9.5	28.1	10.3	19.8	6.5	14.5	2.7
Weekends	33.6	30.9	25.5	27.3	24.2	30.0	26.6	44.4	38.4	57.8
Mornings and evenings	2.1	.0	9.2	3.5	6.4	2.3	8.8	2.3	4.0	.7
Evenings and weekends	7.7	10.8	6.9	6.8	7.6	14.9	12.2	17.5	20.7	22.1
Mornings and weekends	.9	.4	1.4	.3	2.4	.8	3.0	.6	4.3	1.0
AM, PM, and weekends	11.9	11.2	5.7	7.3	4.0	5.4	3.5	2.8	3.9	1.0
Valid responses (Count)	336	223	1014	629	1210	783	2398	1995	745	709

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The categories with the highest percentage of children are evenings, mornings and weekends. They show an interesting sex difference, particularly between morning and weekends. Percentages for boys and girls working in the morning are the same in Year 1, but whereas the girls percentage gradually decreases, the percentage of boys doubles, presumably reflecting the paper round figures. Weekend percentages are higher but from the 3rd-year the girls show an increase, rising to over half of all the working girls. Again perhaps this matches those figures showing girls working as shop assistants.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 19d: How many hours did you spend on your regular paid job last week?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No work done	82.7	88.7	74.2	84.5	59.7	71.5	58.3	65.2	49.7	49.9
Up to 1 hour	4.1	3.2	4.2	2.5	4.9	2.4	3.1	1.4	2.1	.6
Up to 2 hours	3.2	3.1	4.6	3.1	6.5	4.3	4.9	2.6	3.4	1.1
Up to 3 hours	2.6	1.3	4.1	2.4	5.6	3.7	4.7	3.6	3.1	2.3
Up to 4 hours	1.8	.8	2.1	2.0	4.2	3.2	4.7	4.2	5.5	4.6
Up to 5 hours	1.0	.9	1.4	1.1	3.1	3.0	3.3	3.0	2.9	2.7
Up to 8 hours	1.6	.9	3.8	1.8	7.2	4.7	7.3	6.6	8.4	9.1
Up to 10 hours	1.4	.6	2.5	1.2	4.2	3.8	6.1	7.8	10.1	16.6
Up to 20 hours	1.1	.5	2.5	1.2	4.0	2.7	6.2	5.0	12.3	11.3
21 hours or more	.5	.0	.5	.2	.6	.6	1.4	.6	2.5	1.7
Valid responses (Count)	2052	2099	4220	4186	3122	2871	5863	5732	1506	1400

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Mean weekly times are as follows for "workers":

Boys	1st year	4.3 hrs	Girls	1st year 3.2 hrs
	2nd year	4.7 hrs		2nd year 4.3 hrs
	3rd year	5.0 hrs		3rd year 5.3 hrs
	4th year	6.0 hrs		4th year 6.3 hrs
	5th year	7.4 hrs		5th year 7.8 hrs

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 20a: How much money did you receive last week for your regular paid job?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing	81.6	88.4	73.1	84.1	58.7	71.2	57.8	64.9	49.6	49.3
Up to 50p	.5	1.0	.3	.3	.1	.2	.1	.0	.0	.1
Up to 1.00p	2.1	1.3	1.5	1.1	.5	.8	.3	.3	.1	.2
Up to 1.50p	1.4	1.3	1.6	.7	.9	.8	.8	.5	.4	.2
Up to 2.00p	2.5	1.8	1.9	1.7	1.6	1.5	1.4	1.0	1.0	.4
Up to 3.00p	2.5	2.2	3.3	2.7	4.3	3.4	2.8	3.1	1.7	1.2
Up to 4.00p	2.3	1.3	3.3	2.1	4.8	3.5	4.0	2.6	1.7	.9
Up to 5.00p	2.6	1.1	4.8	2.3	6.8	5.3	6.5	4.8	5.2	3.0
Up to 10.00p	3.3	1.2	7.2	3.8	14.8	8.8	15.4	12.8	15.3	16.2
10.01p or more	1.2	.4	3.0	1.1	7.5	4.6	11.0	10.0	24.9	28.4
Valid responses (Count)	2061	2106	4227	4194	3136	2875	5845	5733	1503	1410

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

It is possible to calculate the average hourly rate and pay, as follows:

	Average pay		£ per hour	
	Boys	Girls	Boys	Girls
	£	£	£	£
1st year	4.46	3.29	1.03	1.02
2nd year	5.82	5.00	1.24	1.16
3rd year	7.51	6.86	1.50	1.29
4th year	9.54	9.15	1.59	1.45
5th year	15.06	13.84	2.03	1.77

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 20b: How much money did you receive last week from any other job you happened to do?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing	84.0	89.1	83.9	88.7	78.2	86.4	80.2	81.9	79.3	82.4
Up to 50p	2.9	3.4	2.6	2.1	1.0	.7	.5	.3	.4	.1
Up to 1.00p	5.0	3.1	4.2	2.7	4.3	2.7	2.7	1.6	1.5	.5
Up to 1.50p	1.7	1.1	1.7	1.2	1.2	.7	1.0	.7	.4	.4
Up to 2.00p	2.7	.8	2.2	1.7	3.4	2.0	2.9	2.6	1.7	1.3
Up to 3.00p	1.4	.9	1.9	1.5	3.5	2.5	2.6	3.1	2.2	2.1
Up to 4.00p	.5	.5	.6	.5	1.1	1.3	1.7	1.8	1.3	2.1
Up to 5.00p	1.0	.6	1.2	.8	3.3	1.6	3.6	3.6	5.6	4.3
Up to 10.00p	.6	.5	1.2	.5	2.6	1.7	2.9	3.0	4.6	4.5
10.01p or more	.2	.1	.4	.2	1.3	.4	1.9	1.3	3.0	2.4
Valid responses (Count)	2063	2098	4233	4186	3142	2873	5855	5734	1510	1411

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The figures show a slight increase for the older pupils, with the boys receiving slightly more than the girls in each age group.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 20c: How much money did you receive, last week as pocket money or allowance

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing	13.2	12.2	12.9	10.5	13.9	10.8	16.6	16.3	23.0	23.8
Up to 50p	5.3	5.1	2.1	2.9	1.1	.9	.5	.5	.2	.3
Up to 1.00p	24.3	24.2	14.6	15.9	10.5	9.4	7.0	6.9	4.2	3.7
Up to 1.50p	14.7	16.8	12.3	12.8	8.3	8.3	6.2	5.7	3.0	2.9
Up to 2.00p	14.8	15.9	17.5	18.1	17.8	17.6	15.9	14.2	12.8	11.7
Up to 3.00p	12.1	11.6	16.7	16.9	17.8	19.6	16.2	17.2	13.7	12.6
Up to 4.00p	4.8	4.2	7.0	7.2	7.7	8.0	8.1	8.3	6.9	6.7
Up to 5.00p	5.2	4.5	7.9	8.0	12.2	12.5	14.6	14.5	18.0	18.7
Up to 10.00p	4.4	4.8	6.9	6.0	8.5	9.7	11.2	12.5	13.8	14.9
10.01p or more	1.2	.7	2.0	1.7	2.3	3.2	3.7	4.0	4.4	4.7
Valid responses (Count)	2049	2071	4206	4140	3115	2846	5820	5677	1489	1393

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Average pocket money is as follows:

Boys	1st year	£2.37	Girls	1st year	£2.29
	2nd year	£3.08		2nd year	£2.89
	3rd year	£3.53		3rd year	£3.73
	4th year	£4.23		4th year	£4.33
	5th year	£5.12		5th year	£5.07

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 20d: How much money did you receive last week as a gift?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing	55.8	58.0	55.8	57.5	58.9	60.8	62.5	64.4	65.8	63.6
Up to 50p	8.9	6.6	6.5	5.7	3.2	3.0	2.3	2.4	1.1	1.1
Up to 1.00p	9.9	11.1	12.4	11.8	8.9	9.6	8.4	7.7	5.0	5.2
Up to 1.50p	2.0	1.8	2.2	2.1	1.8	2.0	1.0	1.3	.4	.9
Up to 2.00p	4.5	5.6	4.7	5.3	6.0	5.5	5.8	5.5	4.8	5.7
Up to 3.00p	2.7	2.5	2.8	3.0	3.3	3.2	2.7	3.0	2.3	2.3
Up to 4.00p	.9	.9	1.2	1.4	.7	1.2	.9	.8	.3	1.3
Up to 5.00p	5.0	5.3	5.6	5.4	7.2	5.4	6.2	5.8	5.6	7.3
Up to 10.00p	4.5	3.7	3.5	3.7	4.0	4.5	4.4	3.6	5.4	5.5
10.01p or more	5.9	4.6	5.4	4.1	6.0	4.7	5.7	5.5	9.3	7.2
Valid responses (Count)	2048	2075	4210	4135	3113	2850	5815	5682	1487	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Over 50% of the pupils had received no money as a gift during the previous week but those who had, received various amounts perhaps due to birthdays etc.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 21: How much of your own money did you spend last week?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing	25.7	20.8	18.6	17.5	16.9	15.0	15.0	13.7	12.6	11.1
Up to 50p	13.2	17.0	8.1	11.4	3.9	4.8	2.7	3.1	1.8	.9
Up to 1.00p	18.3	19.6	14.3	16.6	9.2	10.8	7.1	7.5	4.0	4.1
Up to 1.50p	6.9	8.3	7.6	8.9	4.6	6.3	3.8	4.1	2.4	2.2
Up to 2.00p	9.6	9.7	11.1	11.9	10.2	13.0	10.2	11.2	6.3	7.3
Up to 3.00p	8.2	9.2	11.6	10.9	11.9	12.5	10.8	13.0	8.6	8.3
Up to 4.00p	4.3	4.1	6.3	6.0	7.5	7.2	7.8	7.6	5.4	7.3
Up to 5.00p	4.3	4.3	7.0	6.2	9.2	9.1	11.5	11.4	10.9	14.0
Up to 10.00p	5.4	4.6	9.0	7.2	14.4	12.9	16.8	16.0	22.1	21.4
10.01p or more	4.0	2.4	6.3	3.5	12.3	8.4	14.4	12.5	25.9	23.4
Valid responses (Count)	2029	2051	4173	4117	3097	2830	5746	5629	1487	1391

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Average spending can be calculated as follows:

Boys	1st year	£ 3.46	Girls	1st year	£ 2.47
	2nd year	£ 4.38		2nd year	£ 3.46
	3rd year	£ 7.07		3rd year	£ 5.03
	4th year	£ 7.73		4th year	£ 6.50
	5th year	£11.87		5th year	£10.06

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HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 22a: Do you keep money in any of the following savings schemes? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Saved in bank	58.1	57.5	59.1	59.5	53.5	57.5	53.9	55.9	50.9	52.1
Building Society	43.9	42.0	37.1	38.2	48.1	42.8	43.2	41.1	54.5	50.1
Post Office	23.6	26.5	23.7	25.0	26.9	24.8	29.3	28.4	28.5	24.6
Elsewhere	9.5	9.0	9.9	8.4	9.8	7.4	10.1	8.2	9.2	7.1
None	6.8	7.0	10.3	9.1	8.1	9.4	9.3	9.2	7.2	8.4
Valid responses (Count)	2881	2953	5846	5786	4554	4049	8482	8096	2242	1987

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

No striking change of allegiance are noticed, although there is no information on the relative levels of savings in the different schemes.

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HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 22b: What are your total savings in these schemes at the present time?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Nothing	8.8	9.0	11.1	10.1	9.1	10.3	10.1	10.2	8.5	9.3
1 - 50 pounds	44.6	49.6	46.0	49.4	38.6	47.8	38.7	44.4	32.7	41.6
51 - 100 pounds	14.5	14.4	13.6	13.6	14.5	14.7	13.6	14.1	11.8	14.4
101 - 250 pounds	17.3	14.6	14.3	14.7	18.7	13.5	16.2	15.6	18.8	15.7
251 - 500 pounds	9.0	8.4	8.4	7.4	9.8	8.2	11.1	8.5	12.4	11.0
501 - 1000 pounds	4.5	3.0	4.4	3.7	5.7	3.7	6.2	4.7	8.7	4.7
1001 - 2000 pounds	1.1	.7	1.6	.8	2.5	1.2	2.6	1.6	4.3	2.3
2001 pounds or more	.2	.4	.6	.3	1.1	.6	1.4	.8	2.9	1.1
Valid responses (Count)	1713	1627	3634	3511	2757	2475	5219	4972	1343	1268

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Boys	1st year	£159	Girls	1st year	£134
	2nd year	£170		2nd year	£135
	3rd year	£235		3rd year	£162
	4th year	£251		4th year	£189
	5th year	£371		5th year	£226

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HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 23: Have you spent money on any of the following in the last 4 weeks? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Sweets	80.3	84.9	83.9	85.3	83.1	85.1	83.2	84.3	81.0	82.5
Magazines	40.1	51.7	44.9	57.8	44.6	63.5	42.2	59.1	44.4	54.0
Books	15.0	15.6	13.3	15.2	14.4	12.7	12.3	12.6	12.5	12.3
Cigarettes	1.8	1.4	4.0	4.2	7.5	9.8	11.7	18.1	17.3	23.4
Soft drinks	72.5	65.9	78.7	68.2	78.5	71.1	79.5	70.3	79.1	69.8
Alcohol	7.0	2.5	9.9	4.8	17.3	13.4	27.7	24.0	47.1	38.7
Discos etc	22.8	29.9	27.3	35.3	26.7	40.3	30.8	45.3	40.1	49.8
Fares	33.8	36.4	47.8	49.0	54.1	62.3	59.2	66.7	63.4	71.1
Clothes	31.5	36.9	40.1	45.7	46.5	57.9	51.1	63.0	58.0	72.6
Cosmetics	4.4	25.1	5.3	32.4	7.3	42.6	6.3	45.6	6.1	46.4
Records	29.7	26.5	33.4	31.4	40.8	38.6	45.2	38.4	57.5	45.8
School items	34.0	40.8	36.1	41.8	35.9	37.1	30.9	32.1	24.7	27.0

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The figures in this and the following table indicate the number of respondents spending money on the different items, without giving any idea of the amount spent.

Taking the two tables together, sweets and soft drinks head the list in terms of popularity at practically all ages. Cigarettes, alcohol, fares and clothes show a substantial increase in succeeding year groups, and it appears that about a quarter of 15-16 year old girls spent money on cigarettes: in the same year group almost half the boys and more than a third of the girls spent money, on alcohol.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 23: Have you spent money on any of the following in the last 4 weeks? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Football matches	20.0	1.2	23.9	2.6	18.6	1.6	19.4	3.3	16.0	2.1
Cinema	16.9	12.8	19.1	17.7	21.9	24.9	18.0	24.1	22.1	26.3
Video hire	27.2	14.9	34.4	18.5	39.4	22.5	38.7	24.4	39.5	26.2
Pets	33.1	38.1	34.0	36.5	27.9	33.7	23.3	27.2	17.3	23.4
Club subs	21.6	15.2	21.2	15.2	21.4	15.4	22.5	15.1	18.8	11.0
Bicycle	19.5	5.6	21.5	4.4	26.0	3.7	22.4	2.7	16.5	2.1
Slot machines	27.2	13.3	31.8	12.5	32.0	13.1	34.2	12.6	36.6	11.8
Sports equipment	33.3	13.1	36.4	13.4	36.1	11.7	34.9	10.5	31.7	8.9
Computer items	28.9	7.5	31.2	8.1	26.7	5.6	21.5	3.2	18.0	2.2
Presents	43.1	58.0	39.9	61.0	45.7	65.6	41.3	64.3	52.1	71.1
Jewellery	5.3	28.0	5.1	31.8	6.4	35.1	6.8	34.3	10.8	33.7

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The second group of items reveals more of a gender difference, for example in spending money on computer items. In the 1st-year, over a quarter of boys but less than 9% of girls spent money on these items. The difference can also be seen in slot machines, sports equipment, video hire, and football matches (all "boys activities") - but girls win on presents!

Group 7: ROAD USE & SPORT

There is widespread concern at what appear to be generally low levels of physical activity in the daily life of young people. This section examines the use of bicycles both for transport and for recreation (as well as possible use of motorised transport), and then attempts to derive levels of participation in sport both inside and outside school.

Question	*Page*
During the last 2 weeks, have you used a bicycle for any of these purposes?	119
Cycling Proficiency Training Courses	120
Motorbikes and mopeds	121
Car driving	122
Physical activity at least once a week	123–126
Non-vigorous activity at least once a week	127
Within the last year, in how many sports have you represented your school?	128
Within the last year, in how many sports have you represented a club outside school?	129
Are you confident when swimming out of your depth?	130

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 9a: During the last 2 weeks, have you used a bicycle for any of these purposes? (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Going to school	12.1	5.0	11.8	4.1	17.9	4.2	13.8	3.0	15.0	2.5
Going to a job	9.3	3.8	15.7	3.7	25.2	7.7	22.0	5.7	21.1	5.2
Going to see friends	68.5	55.8	65.8	42.3	68.6	38.2	58.7	25.4	50.8	19.8
For enjoyment	54.3	41.8	50.6	32.5	48.7	26.5	42.5	16.5	27.8	10.0
For BMX type activities	25.2	4.6	20.5	3.0	15.2	2.1	11.1	1.1	6.1	.4
For racing (road,track)	28.3	8.4	23.2	4.3	19.4	3.5	15.3	1.9	9.9	1.5

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The use of bicycles shows a particularly marked decline in succeeding age groups for the racing and BMX categories. The use of bikes for enjoyment and seeing friends shows a smaller decrease, whereas boys use of a bike for going to a job increases from 9% to over 20%.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 9b,c,d: Cycling Proficiency Training Courses (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I have been on one	50.7	45.0	45.5	38.6	51.1	45.9	51.1	43.9	52.3	45.9
Could have,but didn't	47.8	51.3	50.4	53.6	55.6	55.0	55.5	53.9	60.7	63.5
Would go: advanced test	62.5	57.1	59.5	53.7	50.8	45.0	44.8	33.5	31.0	24.8

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

About 50% of all the boys and girls in these age groups have been on a cycling proficiency course, slightly more males than females. Of the 50% that didn't take the course, about half were offered it, but chose not to. More children in the 1st and 2nd years would go on an advanced course, but this percentage decreases in succeeding year groups, perhaps reflecting the reduced use of bicycles.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 10 :Motorbikes and mopeds (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Ever been on a motorbike?	45.2	24.8	50.4	30.7	56.8	37.0	63.6	43.7	65.4	49.1
Intend learning: ride?	42.3	22.6	45.6	26.6	45.7	31.8	50.6	32.5	41.9	24.5
Signed:training course?	1.5	.6	1.1	.2	1.5	.6	2.6	.9	2.2	1.3
Have you prov. licence?	.0	.0	.0	.0	.0	.0	.0	.0	5.3	.8
Taken Part 1 test?	.0	.0	.0	.0	.0	.0	.0	.0	.7	.1
Taken Part 2 test?	.0	.0	.0	.0	.0	.0	.0	.0	.1	.0
Do you own one?	7.7	2.4	8.4	2.3	9.5	2.5	10.1	2.5	12.1	2.5

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

A surprisingly high number of boys and girls have been on a motorbike, even in the 1st year.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Questions 11 a,b,c: Car driving (% answering 'Yes')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Do you intend to drive?	92.3	91.0	93.3	92.9	95.3	94.3	96.5	96.5	97.2	96.8
Ever tried to drive?	54.4	30.1	57.0	30.9	66.3	39.4	69.7	43.0	72.7	47.7
Had lessons: parents?	.0	.0	.0	.0	.0	.0	.1	.0	.3	.0
Had lessons: friends?	.1	.0	.0	.0	.0	.0	.0	.0	.1	.0

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

As expected the majority of children intend to drive. As previous surveys have discovered, a high percentage of children have already tried driving a car by the 1st year of secondary school, more boys than girls.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 24: Physical activity at least once a week In = In school time, Out = Other times, including school clubs
(% answering yes to 'Once a week' and 'More than once a week')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Rowing: In	.6	.2	.4	.2	.3	.2	.6	.2	.9	.4
Rowing: Out	2.4	.7	2.2	1.2	1.8	1.1	2.1	1.2	1.8	1.1
Squash: In	2.4	.8	2.2	1.9	3.5	2.5	6.9	9.3	17.2	18.9
Squash: Out	6.6	3.3	5.9	4.3	7.0	4.4	7.6	4.3	8.4	7.8
Basketball: In	29.6	10.1	43.5	13.1	44.2	25.6	36.8	27.4	28.1	20.1
Basketball: Out	12.3	4.4	14.0	4.4	12.7	4.9	9.9	3.8	5.0	3.0
Rugby: In	40.6	.8	42.2	.5	41.0	.3	29.9	.5	19.4	.5
Rugby: Out	13.0	1.1	14.7	.9	11.4	.6	9.2	.4	7.6	.4
Soccer: In	63.4	2.3	67.5	2.5	65.9	2.0	62.5	2.8	45.5	3.0
Soccer: Out	61.8	7.3	60.9	8.2	53.7	6.3	50.8	4.8	39.1	3.6
Hockey: In	12.1	51.3	12.4	58.8	20.5	58.8	19.7	46.0	16.2	27.8
Hockey: Out	4.0	9.0	5.1	10.6	5.4	10.4	4.7	7.3	4.3	6.9
Swimming: In	41.9	46.3	26.7	27.6	21.2	21.1	15.8	15.6	17.9	21.4
Swimming: Out	41.1	43.8	34.0	39.2	29.0	31.6	24.4	26.8	23.3	26.2
Windsurfing: In	.2	.2	.4	.3	.5	.2	.9	.4	.7	.4
Windsurfing: Out	1.9	.7	1.7	.7	1.9	1.0	2.6	1.5	2.5	1.5
Cross-country: In	30.6	32.6	30.3	26.2	28.5	27.0	21.2	19.7	13.0	10.6
Cross-country: Out	14.3	9.3	12.6	8.7	9.5	6.6	8.4	4.8	8.3	2.4
Trampolining: In	4.8	8.3	3.4	8.5	5.3	12.8	4.3	22.6	6.2	20.2
Trampolining: Out	2.3	5.3	1.5	4.8	1.6	5.1	1.4	4.2	1.1	3.3

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Substantial involvement in Hockey and Swimming is indicated, with girls more numerous than boys. Substantial involvement in Basketball and Cross-country is indicated, with boys more numerous than girls. In general, with succeeding age groups, less involvement is indicated in vigorous athletic activity.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 24: Physical activity at least once a week In = In school time, Out = Other times, including school clubs
(% answering yes to 'Once a week' and 'More than once a week')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Cycled comp.: In	2.0	.8	1.5	.6	1.4	.3	1.0	.2	1.3	.3
Cycled comp.: Out	7.5	3.0	6.9	2.0	6.3	2.0	5.5	.8	4.0	.8
Skating: In	1.8	3.4	1.7	2.8	2.4	2.7	1.7	2.2	3.1	2.6
Skating: Out	7.1	19.3	6.9	16.2	9.3	14.3	6.5	11.3	7.9	12.2
Skiing: In	.9	.6	.8	1.0	1.2	.9	1.2	1.3	1.1	.5
Skiing: Out	1.3	1.1	1.6	1.9	3.2	2.2	2.2	2.3	2.8	1.9
Netball: In	1.5	59.8	1.5	62.3	.8	65.1	1.1	50.6	.7	31.6
Netball: Out	.8	15.4	.5	13.8	.5	11.8	.4	7.6	.1	6.1
Jogging: In	13.5	15.3	17.1	15.5	13.6	16.8	11.5	10.9	9.0	8.5
Jogging: Out	28.1	23.3	26.6	22.8	21.4	17.4	20.6	17.2	19.4	14.4
Judo: In	2.5	1.2	2.5	1.2	1.4	1.1	1.6	.8	2.3	1.3
Judo: Out	13.5	6.1	12.6	4.8	9.6	5.7	9.2	4.0	10.1	3.6
Gymnastics: In	19.2	34.7	20.4	38.6	16.2	31.8	5.6	11.4	2.9	5.7
Gymnastics: Out	4.7	14.0	3.5	11.7	2.3	6.5	1.1	4.0	.8	3.0
Exercises: In	22.1	23.1	25.6	30.3	24.1	30.0	24.4	29.6	21.2	22.8
Exercises: Out	24.5	25.0	25.3	29.4	24.1	27.5	28.6	31.9	28.7	28.0
Aerobics: In	1.0	5.1	.9	7.8	1.0	9.3	1.5	16.5	.4	15.9
Aerobics: Out	1.3	6.5	1.0	8.6	1.2	10.0	.9	13.5	.8	14.6

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

124 Significant sex differences appear in connection with several sports, very noticably with Netball and Gymnastics.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 24: Physical activity at least once a week In = In school time, Out = Other times, including school clubs
(% answering yes to 'Once a week' and 'More than once a week')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Tennis: In	17.5	24.5	14.4	28.0	21.7	36.5	17.9	34.9	19.5	24.7
Tennis: Out	22.1	21.9	17.8	18.3	20.7	16.7	17.8	15.4	15.5	10.9
Water-skiing: In	.4	.1	.5	.2	.4	.4	.4	.2	.5	.2
Water-skiing: Out	.9	.6	.9	.6	1.4	.5	1.3	.7	2.1	.6
Badminton: In	15.2	10.4	18.4	15.0	27.6	30.7	31.6	40.2	34.6	41.5
Badminton: Out	15.1	10.7	13.7	11.2	16.2	13.0	16.7	12.5	16.7	11.7
Track events: In	31.0	27.6	31.5	30.0	38.1	36.6	27.7	29.6	20.3	18.5
Track events: Out	14.9	6.8	12.4	7.3	10.5	7.0	8.5	5.3	5.9	3.1
Table tennis: In	4.5	3.3	10.5	6.3	10.4	5.8	17.5	14.6	16.6	12.7
Table tennis: Out	14.3	8.3	19.0	10.4	15.2	8.4	16.0	7.7	11.2	5.6
Weights: In	3.5	1.2	3.9	1.0	7.8	4.6	12.4	5.6	20.7	12.3
Weights: Out	13.0	2.9	17.0	3.8	19.9	6.2	26.6	7.1	28.7	8.8
Dancing: In	1.9	23.6	1.8	24.7	1.6	21.4	1.3	12.3	1.7	10.8
Dancing: Out	4.0	28.3	4.5	30.1	3.6	27.5	4.6	26.5	7.4	27.1
Canoeing: In	.9	.6	1.1	.5	1.1	.8	2.0	.9	2.7	1.9
Canoeing: Out	3.8	1.7	3.9	1.5	4.7	1.8	4.6	2.5	4.7	2.7
Sailing: In	.3	.5	.4	.1	.3	.3	.9	.4	1.5	1.6
Sailing: Out	1.7	1.3	2.5	1.2	2.9	1.6	3.2	2.4	3.8	2.7
Volleyball: In	3.0	3.4	8.5	7.4	16.2	23.2	16.9	24.6	14.2	19.1
Volleyball: Out	2.5	2.7	3.4	3.5	3.8	3.6	2.9	3.3	2.1	2.7

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The percentage for Tennis and Badminton in school and out of school for both boys and girls suggest a high level of commitment and enjoyment. Dancing as an activity is clearly more for girls than boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 24: Physical activity at least once a week In = In school time, Out = Other times, including school clubs
(% answering yes to 'Once a week' and 'More than once a week')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Baseball: In	4.5	1.9	6.3	1.0	7.9	2.8	7.3	2.7	6.8	1.6
Baseball: Out	5.8	1.4	4.7	1.2	3.7	1.0	3.2	.8	2.4	.4
Cricket: In	25.7	5.0	28.8	1.5	36.2	1.7	28.1	1.6	23.1	1.0
Cricket: Out	23.6	5.7	19.8	3.3	20.0	2.0	15.5	1.8	13.5	1.4
Bowling: In	.8	.4	.5	.1	.4	.3	1.4	.6	.5	.5
Bowling: Out	3.9	1.7	3.1	1.0	3.2	1.7	3.4	1.3	3.5	1.5
Rounders: In	14.9	34.8	7.4	30.0	9.4	40.1	5.9	33.1	4.2	25.7
Rounders: Out	9.6	17.9	6.3	13.2	4.3	10.9	2.4	6.3	1.4	4.9
Riding: In	.3	2.1	.5	1.4	.5	1.9	.4	1.2	.3	1.1
Riding: Out	2.5	15.1	2.6	13.1	2.2	13.2	1.8	10.9	1.5	10.4
Motor cycling: In	1.0	.5	1.5	.3	1.2	.2	2.2	.4	2.3	.1
Motor cycling: Out	5.9	1.0	6.6	1.2	7.8	1.4	9.7	1.8	10.9	1.9
Scrambling: In	.9	.2	1.1	.2	.8	.2	1.1	.1	1.0	.2
Scrambling: Out	5.7	1.2	5.9	1.4	6.6	1.3	6.5	1.2	6.0	1.1
'Walking': In	29.9	36.4	32.8	41.5	25.5	42.1	24.6	37.2	24.1	38.5
'Walking': Out	48.7	58.7	50.5	63.9	43.8	63.5	42.4	60.8	39.6	63.7

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Horse riding and Rounders are preferred by the girls, while Cricket is for the boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 24: Non-vigorous activity at least once a week: In = In school time, Out = Other times, including school clubs
(% answering yes to 'Once a week' and 'More than once a week')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Shooting: In	1.7	.7	1.6	.9	1.9	.5	2.4	.6	2.1	.4
Shooting: Out	7.3	1.1	9.3	1.6	13.4	1.2	13.2	1.5	12.6	1.1
Fishing: In	3.4	.6	3.0	.2	2.5	.0	2.1	.1	2.4	.3
Fishing: Out	17.7	2.9	17.3	2.2	15.8	1.4	16.2	1.2	15.4	1.1
Darts: In	3.6	1.6	4.3	1.2	3.5	.8	3.0	.8	3.8	1.4
Darts: Out	24.9	8.5	26.4	10.8	22.8	8.4	25.1	8.8	23.5	7.6
Pool: In	4.9	2.1	6.1	1.8	5.9	1.5	6.4	2.2	12.2	4.4
Pool: Out	29.7	9.4	35.4	11.9	32.7	12.0	37.9	15.4	37.6	16.4
Billiards: In	1.4	.2	1.9	.3	1.6	.3	1.6	.2	2.8	.6
Billiards: Out	10.6	1.3	13.5	2.2	11.9	2.1	12.0	2.4	11.4	1.9
Snooker: In	5.3	2.1	6.9	1.6	5.7	1.3	7.4	1.4	9.6	3.4
Snooker: Out	37.3	11.5	41.7	14.1	38.3	13.0	40.4	12.8	39.9	12.4

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Substantial levels of involvement for both boys and girls are noted in Darts, Pool, and Snooker outside school hours in all groups. These levels increase in succeeding age groups, in contrast with the figures from earlier tables in connection with 'vigorous' sporting activities.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 25a: [Within the last year in how many sports have you represented your school?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No sports played	47.8	54.8	50.5	53.6	49.9	54.2	54.6	61.3	55.4	67.6
1 sport	29.6	25.6	25.4	24.7	25.2	23.4	23.7	20.1	22.8	16.4
2 sports	13.9	11.8	13.5	12.4	12.6	11.4	11.1	9.7	11.3	8.4
3 sports	5.5	5.9	6.7	5.7	6.5	6.7	5.9	5.1	5.7	4.9
4 sports	2.2	1.3	3.0	2.4	3.4	2.8	3.0	2.5	2.5	1.5
5 sports	.6	.4	.7	.9	1.6	1.2	1.1	.9	1.8	.8
6 sports	.2	.1	.2	.3	.7	.2	.5	.4	.4	.4
7 sports	.0	.0	.0	.0	.1	.1	.1	.1	.1	.1
8 sports or more	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
Valid responses (Count)	2002	2034	4129	4085	3073	2826	5781	5639	1494	1399

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

With succeeding age groups, fewer boys and girls represent their school at sport.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 25b: [Within the last year in how many sports have you represented a club outside school?]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No sports played	56.9	77.4	59.0	78.6	56.2	77.8	56.1	77.9	57.1	78.8
1 sport	31.3	17.4	30.1	16.3	32.5	17.7	29.2	16.1	28.1	16.6
2 sports	8.2	3.9	6.9	3.5	7.8	3.3	9.3	4.0	9.9	3.0
3 sports	2.3	.9	2.7	.8	2.2	.8	3.5	1.4	3.5	1.1
4 sports	.9	.1	.8	.5	.8	.3	1.5	.4	1.2	.2
5 sports	.2	.1	.3	.1	.4	.0	.4	.1	.1	.1
6 sports	.2	.0	.1	.1	.1	.1	.1	.0	.1	.2
7 sports	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
8 sports or more	.1	.0	.0	.0	.0	.0	.0	.0	.0	.0
Valid responses (Count)	1997	2026	4107	4030	3057	2816	5748	5609	1488	1390

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Noticeably, more boys than girls become involved with sports outside school.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 27: Are you confident when swimming out of your depth?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	21.8	25.2	20.4	25.7	17.1	25.1	17.5	26.4	18.7	25.6
Yes	78.2	74.8	79.6	74.3	82.9	74.9	82.5	73.6	81.3	74.4
Valid responses (Count)	2071	2092	4241	4188	3146	2880	5908	5753	1511	1411

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

About one in four of the girls do not feel confident swimming out of their depth, and this figure is similar for all age groups. Boys are slightly more confident; but even so about one in five lack confidence.

Group 8: SOCIAL & PERSONAL

The questions included in this group refer to social relationships, visits to discos and dances, sources of information about sex, and problem-sharing.

Question	*Page*
Self-esteem measurement, scale 0–20	133
Which adult do you get on best with?	134
Have you got a regular boyfriend or girlfriend?	135
If you have a regular boyfriend or girlfriend, how long has this relationship lasted?	136
When you meet new people of your own age and sex, how do you feel?	137
When you meet new people of your own age and opposite sex, how do you feel?	138
For close friends, whom do you have?	139
When did you last go to a disco or dance in school or outside school?	140
When you last went to a disco or dance, in school or outside school, how did you go?	141
What is your main reason for going to a disco or dance?	142
Please indicate who or what is your main source of information about sex	143
Who or what do you think should be your main source of information about sex?	144
Person with whom you would share problems to do with school	145
Person with whom you would share problems to do with money	146
Person with whom you would share problems to do with your family	147
Person with whom you would share problems to do with health	148
Person with whom you would share problems to do with friends	149
Person with whom you would share problems to do with your career	150

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 26a-j: [Self-esteem measurement, scale 0-20]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Values 0-2	.8	1.8	.8	1.2	.7	.7	.4	.4	.6	.2
Values 3-4	2.8	4.3	2.2	3.2	1.8	1.8	1.0	1.5	.9	1.1
Values 5-6	6.6	7.9	6.1	7.1	3.5	4.5	2.6	3.5	1.5	1.8
Values 7-8	9.4	10.1	9.0	10.0	6.2	6.9	5.0	5.1	2.9	3.4
Values 9-10	13.3	13.3	12.3	12.0	10.5	11.7	8.4	9.3	7.2	7.7
Values 11-12	15.7	14.3	16.0	17.3	15.1	15.6	12.7	14.5	10.0	13.6
Values 13-14	17.5	17.2	18.0	17.7	17.5	19.7	18.3	19.4	17.7	18.1
Values 15-16	16.7	16.3	16.9	15.2	20.4	19.1	21.6	20.2	22.9	20.8
Values 17-18	11.7	9.9	12.6	11.2	16.3	13.5	19.8	17.9	22.1	20.9
Values 19-20	5.6	4.9	6.0	5.1	7.9	6.4	10.1	8.2	14.1	12.4
Valid responses (Count)	2080	2111	4256	4222	3157	2893	5923	5780	1521	1415

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

On the face of it, self esteem is higher for the older age-groups.

Boys	1st year	12.3	Girls	1st year 11.8
	5th year	14.7		5th year 14.4

The girls have slightly lower self-esteem than boys, but are the behaviour and attitudes measured equally appropriate for the whole age range and for both sexes? There are ten questions used to calculate the self esteem score and several involve levels of confidence in social situations. An increase in score with age would be expected.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 51 : Which adult do you get on best with?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	27.0	34.4	30.4	38.5	30.1	39.3	30.7	38.5	30.6	40.7
Father	14.3	9.8	14.6	8.4	15.0	9.2	15.5	8.7	13.2	6.9
Both parents	44.9	41.5	40.2	33.8	36.1	27.4	30.2	23.8	27.5	21.2
Brother or sister	3.4	3.8	4.1	5.2	6.1	7.6	7.6	9.5	10.0	9.3
Relation	4.3	3.8	4.1	4.7	4.2	4.9	4.6	5.3	4.3	5.4
Teacher	.3	.3	.3	.5	.4	.6	.6	.5	.5	.9
Friend	4.4	5.5	5.1	8.0	6.0	9.8	8.4	11.9	10.5	14.4
Employer	.1	.0	.2	.1	.5	.0	.6	.3	1.0	.4
No one	1.4	.8	1.0	.9	1.5	1.2	1.7	1.4	2.5	1.0
Valid responses (Count)	1946	2030	4042	4086	3046	2834	5763	5685	1475	1400

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Selection of "Mother" increases in succeeding age groups for both sexes as the selection of "Both parents" decreases. The selection of "Father" alone is a modest percentage by comparison. Is Father less and less approachable across this 5-year span of adolescence?

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 52a: Have you got a regular boyfriend or girlfriend?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
No	64.0	66.1	64.8	67.8	71.1	66.9	70.6	65.3	68.5	58.3
Yes	36.0	33.9	35.2	32.2	28.9	33.1	29.4	34.7	31.5	41.7
Valid responses (Count)	1993	2064	4131	4134	3090	2861	5851	5745	1503	1412

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The change across the year group is smaller than might have been expected. The implication of these steady figures is that fashions for boyfriends and girlfriends are formed early in life, although the nature of such a relationship may be rather different at 11+ than at 15+. At the younger end of the age range, slightly more boys than girls are claiming a friend of the opposite sex, but older girls slightly outnumber older boys in this aspect.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 52b: If you have a regular boyfriend or girlfriend, how long has this relationship lasted?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Weeks	37.3	43.1	40.0	44.0	37.7	39.1	33.0	31.5	31.3	19.9
Months	37.0	34.3	37.0	36.4	41.0	45.0	44.6	48.7	46.2	50.3
A year	8.2	6.7	7.4	6.8	6.3	5.7	7.5	6.6	9.1	9.8
More than a year	17.5	15.9	15.6	12.8	15.0	10.1	14.9	13.1	13.4	20.0
Valid responses (Count)	708	685	1433	1314	880	940	1711	1986	470	589

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The table suggests that the older girls are the most likely to have had a relationship lasting several months or longer. This difference is understandable if it is assumed that their boyfriends are older than themselves.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 53: When you meet new people of your own age and sex, how do you feel?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I feel very uneasy	9.4	8.1	7.2	6.7	5.6	4.2	4.0	4.4	3.6	3.6
I feel a little uneasy	32.4	43.3	35.5	44.4	36.2	41.3	38.0	42.7	38.2	42.7
I feel at ease	58.1	48.6	57.3	48.9	58.2	54.5	57.9	52.9	58.2	53.7
Valid responses (Count)	1945	2014	4046	4090	3057	2850	5808	5708	1496	1404

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

There is little change from year to year, although the number of "very uneasy" respondents drops a little. Slightly more boys than girls claim to be "at ease".

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 54: When you meet new people of your own age and opposite sex, how do you feel?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I feel very uneasy	18.7	22.2	13.5	17.0	10.3	10.5	9.2	11.0	9.7	9.2
I feel a little uneasy	40.6	47.8	43.6	52.3	46.6	50.7	48.6	51.1	46.3	50.3
I feel at ease	40.7	29.9	42.9	30.7	43.1	38.7	42.2	38.0	44.0	40.5
Valid responses (Count)	1949	2023	4071	4092	3060	2844	5820	5717	1498	1410

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The percentage of girls feeling "at ease" increases noticeably with the older age groups. The boys, already more confident at a young age, do not show such a change.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 55 : For close friends, whom do you have?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
More of own sex	63.5	65.6	57.5	55.7	51.6	49.0	49.0	47.5	47.7	41.2
The same of both sexes	31.8	31.0	36.7	40.7	43.4	46.0	45.6	46.8	46.5	51.8
More of opposite sex	4.7	3.5	5.8	3.6	5.0	5.0	5.4	5.8	5.9	7.0
Valid responses (Count)	1964	2044	4069	4110	3069	2840	5827	5733	1494	1410

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The tendency for older boys and girls to have more close friends of the opposite sex is clear.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 56: When did you last go to a disco or dance in school or outside school?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Never been to a disco	11.8	5.3	11.0	4.7	9.3	4.0	8.4	3.6	7.2	2.0
More than 6 months ago	17.5	11.9	18.2	10.8	20.3	11.0	20.9	10.9	16.9	10.2
Within last 6 months	31.4	29.9	25.8	26.4	26.1	25.7	25.9	24.3	20.8	20.8
Within the last month	19.5	27.1	21.9	27.4	21.6	25.0	20.1	24.3	21.6	23.9
Within the last 2 weeks	8.7	12.2	9.7	12.3	9.5	14.6	9.7	13.5	14.1	15.2
Within the last week	11.1	13.6	13.3	18.5	13.2	19.6	14.9	23.4	19.5	27.9
Valid responses (Count)	1971	2040	4083	4124	3071	2852	5843	5746	1493	1413

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The vast majority of 11 year olds (1st year pupils) have already been to a disco or dance, and over half of all the 5th year pupils had been to one during the previous month.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 57: When you last went to a disco or dance, in school or outside school, how did you go?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Alone	15.9	5.4	11.7	4.4	8.7	2.2	8.1	1.6	5.3	1.5
My parents	11.8	11.2	8.2	7.4	8.1	6.5	4.8	3.7	5.6	4.6
A friend of same sex	30.2	45.3	29.7	40.1	26.3	32.8	24.6	28.1	19.4	23.9
Friend of opposite sex	11.7	4.8	13.3	5.0	12.1	5.4	11.5	6.5	13.5	10.8
Friends of own sex	13.8	20.8	16.3	25.0	19.4	27.0	21.2	31.6	22.5	28.3
Friends of opposite sex	2.6	.8	2.3	.9	2.5	1.5	2.3	1.5	2.2	1.2
Friends of both sexes	14.1	11.7	18.5	17.2	22.8	24.6	27.5	27.0	31.5	29.7
Valid responses (Count)	1704	1900	3579	3903	2756	2719	5264	5493	1367	1369

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

For girls and boys in the 1st to 3rd year, the largest percentage can be seen in the category 'a friend of the same sex': this is particularly so for the girls. However, for the older groups the percentage in this category drops and the percentage going with groups of friends is higher. By the 5th-year, for both girls and boys, 'friends of both sexes' is the most likely.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 58: What is your main reason for going to a disco or dance?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
I'd feel left out	10.9	5.3	8.2	4.1	6.3	2.6	4.7	2.2	3.6	1.2
To see some friends	28.4	22.1	26.7	20.9	25.4	17.8	24.5	19.3	23.0	19.8
To drink alcohol	1.8	.2	3.6	1.1	5.6	1.8	7.6	2.8	10.2	3.4
For music and dancing	26.1	54.3	25.6	51.1	22.3	51.5	20.9	48.1	22.4	50.7
To get away from home	6.8	6.0	6.7	6.0	6.5	7.2	7.7	8.3	7.6	8.6
To meet opposite sex	22.2	9.4	25.8	13.5	29.9	14.7	30.6	14.2	30.7	11.0
To meet people	3.8	2.6	3.4	3.3	4.1	4.5	4.0	5.0	2.5	5.3
Valid responses (Count)	1702	1894	3551	3888	2708	2701	5177	5460	1335	1366

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Over 50 % of the girls in all year groups go for the music and dancing, but only 25% of the boys! Almost as many boys go to meet someone of the opposite sex, and for the 5th-year this is the most chosen response (about 1:3).

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 59a: Please indicate who or what is your main source of information about sex?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Parents	37.5	61.1	30.9	53.5	25.1	42.4	20.4	34.4	15.6	31.0
Teachers	13.3	8.8	13.0	7.2	10.2	6.7	10.2	8.4	10.3	9.2
Friends	25.5	16.6	30.4	23.5	35.4	30.7	38.7	36.7	40.7	38.1
Brothers and sisters	5.3	4.1	5.2	5.2	6.7	7.4	5.2	6.4	4.5	7.4
GP or FPA, etc.	1.2	1.1	1.4	1.1	.6	.4	.8	.6	.8	1.3
Books, TV, etc	15.4	7.3	16.0	8.4	18.6	10.6	20.2	11.2	21.8	11.0
Other sources	1.8	.9	2.6	.9	2.9	1.3	4.0	1.9	5.3	1.9
Self-experience	.1	.0	.4	.1	.6	.6	.5	.4	.9	.1
Valid responses (Count)	1885	1943	3939	4003	2991	2792	5687	5628	1460	1395

Total sample

Boys 11–12 2082; 12–13 4285; 13–14 3167; 14–15 5945; 15–16 1527(Total 17006)
Girls 11–12 2118; 12–13 4231; 13–14 2898; 14–15 5789; 15–16 1417(Total 16453)

COMMENT

Girls are more likely to indicate 'parents' than are boys, and for 'friends' and 'books' the reverse is true. 'Teachers' as a main source feature for between 7% and 13% in each group.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 59b: Who or what do you think should be your main source of information about sex?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Parents	62.7	82.9	61.2	82.2	60.1	75.7	57.0	76.5	53.1	75.4
Teachers	17.1	7.8	16.6	6.5	16.8	11.6	16.4	10.7	18.9	11.0
Friends	4.0	2.9	5.8	3.9	6.4	5.6	8.2	5.3	7.3	6.0
Brothers and sisters	1.1	.8	1.3	1.3	1.1	1.4	1.1	1.0	.9	1.3
GP or FPA, etc.	3.2	1.7	2.5	1.2	2.4	.7	2.5	1.2	1.7	1.6
Books, TV, etc	8.5	2.7	7.9	3.3	8.1	3.2	8.1	2.9	9.1	2.2
Other sources	.2	.3	.8	.3	.9	.6	.8	.3	1.7	.6
Self-experience	3.2	.8	3.9	1.3	4.0	1.3	6.0	2.2	7.2	1.9
Valid responses (Count)	1511	1558	3272	3395	2578	2389	4840	5008	1258	1242

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The clear statement from so many in each group that 'Parents' should be the main source cannot go unnoticed. Interview work with young people on the meaning of their response to this question often reveals that they would like this to be possible but they themselves could find it embarrassing and that their parents would need help.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 79: [Person with whom you would share problems to do with school]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	20.4	28.1	21.2	28.7	20.1	28.5	18.7	27.2	18.7	26.7
Father	4.7	2.5	5.8	2.3	5.6	2.5	6.0	2.6	6.2	2.4
Both parents	32.2	25.2	30.1	23.9	28.4	22.4	27.2	21.5	24.6	22.3
Brother or sister	2.4	3.6	2.7	3.9	3.0	3.8	3.6	4.7	2.8	4.3
Relation	.4	.4	1.1	.9	.6	1.0	.9	1.0	.6	.8
Teacher	22.8	21.7	18.7	15.9	18.0	15.5	18.9	13.4	17.0	16.9
Friend	10.1	14.1	13.2	21.2	17.3	23.0	17.4	26.5	21.1	23.9
Employer	.1	.1	.1	.0	.1	.0	.1	.1	.1	.2
No one	7.1	4.2	7.2	3.2	6.7	3.3	7.3	3.0	8.9	2.6
Valid responses (Count)	1418	1573	3005	3417	2462	2494	4777	5261	1242	1309

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

Teachers feature more strongly in these responses than in the two preceeding tables. The family as a support is, however, clearly very strong, although for around a quarter of the older boys their friends are the major source.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 79: [Person with whom you would share problems to do with money]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	22.2	32.6	24.4	32.4	22.9	33.3	24.0	33.8	21.8	35.8
Father	19.3	14.7	18.1	13.4	18.6	13.9	16.6	12.1	14.9	11.3
Both parents	35.5	31.6	34.3	31.2	32.5	30.7	32.6	29.7	31.7	27.8
Brother or sister	3.4	3.9	3.4	5.0	4.9	5.5	5.5	6.0	7.4	5.9
Relation	1.1	1.2	1.2	1.4	.9	1.6	1.1	1.3	1.8	1.8
Teacher	1.1	.6	.5	.3	.4	.3	.2	.1	.5	.2
Friend	4.8	6.5	6.6	8.7	7.7	8.6	8.6	10.3	10.4	11.0
Employer	2.4	.8	1.4	1.0	1.7	.5	1.5	.9	1.3	.8
No one	10.1	8.0	10.0	6.5	10.4	5.6	9.9	5.8	10.3	5.4
Valid responses (Count)	1392	1553	2958	3380	2423	2472	4742	5229	1245	1297

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

'Fathers' claim to being a resource is strongest in this table in comparison with the others, albeit at a much lower level than 'Mother'.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 79: [Person with whom you would share problems to do with your family]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	14.6	19.8	13.0	16.4	12.6	13.7	11.7	11.1	11.8	10.6
Father	3.7	2.0	4.4	1.8	4.3	1.2	3.7	1.0	2.4	.7
Both parents	25.2	17.3	22.8	13.2	17.5	8.6	16.3	7.5	15.1	6.0
Brother or sister	5.5	5.7	6.3	5.6	8.0	5.3	8.2	6.5	8.2	5.9
Relation	11.7	8.5	10.4	9.1	9.5	7.4	9.3	7.1	7.6	6.9
Teacher	8.7	5.7	7.2	4.6	5.4	3.2	4.1	2.3	2.5	1.7
Friend	17.8	33.4	22.1	43.2	27.0	53.9	30.8	58.4	34.8	64.1
Employer	.1	.2	.3	.1	.3	.1	.2	.0	.2	.1
No one	12.7	7.3	13.5	5.9	15.3	6.5	15.7	6.0	17.3	4.0
Valid responses (Count)	1475	1678	3136	3560	2483	2554	4787	5339	1266	1341

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

For family problems 'Friend' is the most significant source of support.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 79: [Person with whom you would share problems to do with health]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	35.8	57.8	33.3	58.2	35.7	55.6	34.2	55.2	33.8	54.3
Father	6.1	2.2	7.9	1.5	7.0	1.3	7.2	1.0	5.9	1.4
Both parents	37.5	23.3	37.1	21.2	34.2	17.6	33.8	15.4	31.5	13.9
Brother or sister	2.2	2.5	2.8	2.9	3.1	3.7	3.1	4.0	3.5	4.3
Relation	1.3	1.3	1.6	1.7	1.1	1.8	1.3	1.7	1.4	1.4
Teacher	1.6	1.3	1.4	1.2	1.1	.5	.7	.5	.5	.5
Friend	4.7	6.6	5.7	8.1	7.9	13.3	8.2	16.2	10.6	19.1
Employer	.8	.1	.3	.2	.4	.2	.2	.2	.2	.0
No one	10.0	5.0	9.9	4.9	9.6	6.0	11.4	5.8	12.7	5.1
Valid responses (Count)	1301	1506	2759	3281	2277	2420	4448	5097	1178	1270

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

'Mother' is clearly the important resource in health matters.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 79: [Person with whom you would share problems to do with friends]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	19.5	37.6	19.1	36.2	16.4	35.0	15.0	34.0	12.8	33.4
Father	7.8	1.8	6.3	2.1	5.3	1.4	4.6	1.4	3.3	1.1
Both parents	26.9	18.7	23.3	16.4	20.5	13.8	17.0	11.8	13.3	11.4
Brother or sister	9.1	12.3	10.6	14.2	13.0	17.3	11.4	17.5	12.8	17.5
Relation	1.8	1.6	2.3	3.0	1.5	3.3	1.6	3.2	1.4	3.6
Teacher	5.1	5.6	4.0	4.1	2.7	2.7	2.0	1.4	1.0	1.3
Friend	13.1	13.3	16.6	14.7	20.4	16.1	24.4	19.7	28.7	19.8
Employer	.1	.0	.2	.1	.1	.0	.1	.1	.0	.4
No one	16.7	9.2	17.6	9.2	20.1	10.3	23.9	10.8	26.8	11.6
Valid responses (Count)	1379	1591	2955	3426	2412	2508	4691	5277	1239	1309

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

The percentages are more evenly spread across this table than the others, and those selecting 'No one' are significantly high, nearly 27% in the 5th-year boys.

HEALTH RELATED BEHAVIOUR IN 1988

Percentage figures of boys and girls responding to

Question 79: [Person with whom you would share problems to do with your career]

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Mother	12.6	25.1	13.1	23.6	12.0	22.4	11.5	22.5	11.7	23.3
Father	14.4	6.4	13.6	6.8	13.7	6.3	13.6	6.3	12.8	5.4
Both parents	37.5	35.9	36.4	36.9	36.2	37.6	35.0	34.5	37.0	35.9
Brother or sister	2.0	3.0	2.6	3.0	2.5	3.1	2.5	2.8	2.2	3.2
Relation	1.0	.8	1.4	1.6	1.1	1.2	1.0	1.3	.6	1.2
Teacher	6.8	7.6	6.7	7.6	10.4	11.3	12.7	14.2	12.4	14.0
Friend	4.5	5.8	5.2	7.7	5.6	8.4	6.2	9.1	8.3	9.1
Employer	9.2	6.8	9.2	5.8	9.5	5.2	9.3	4.9	8.4	5.7
No one	11.9	8.7	11.7	7.0	9.0	4.6	8.2	4.5	6.7	2.0
Valid responses (Count)	1289	1448	2780	3205	2335	2423	4619	5151	1231	1291

Total sample

Boys 11-12 2082; 12-13 4285; 13-14 3167; 14-15 5945; 15-16 1527(Total 17006)
Girls 11-12 2118; 12-13 4231; 13-14 2898; 14-15 5789; 15-16 1417(Total 16453)

COMMENT

'Teachers' get recognition in this table, albeit at a much lower level than the combined totals for family members.

Appendix 1

Version 11D of the Health Related Behaviour Questionnaire

The following pages reproduce, in reduced form, the Version 11D Health Related Behaviour Questionnaire, which was used to derive the data for the tables in this report.

The principal change is to the 'illegal drugs' questions, which are now incorporated into the Questionnaire as Questions 67–77.

A copy of the current Questionnaire may be obtained by writing to the HEA Schools Health Education Unit at Exeter University.

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General Questionnaire (Version 11D)
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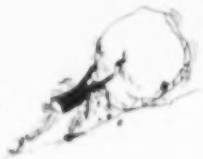
HEA Schools Health Education Unit
University of Exeter

HEALTH RELATED BEHAVIOUR



The purpose of this Questionnaire is to help your teachers plan some interesting and important new topics in school lessons. To do this, they need some information about yourself.

These questionnaires are confidential and will not be read by anyone connected with your school. All the analysis is carried out at Exeter University.

Therefore... **(1) Please answer all questions honestly.**
(2) Do NOT write your name on any page.

Please do NOT write in the boxes

D S M

1. **Today is:** Tues Wed Thur Fri *(please circle)*
2. **Your sex is** (male/female) X
3. **Which year group are you in?** 1 2 3 4 5 6 7 *(please circle)* Yr
4. **English set** ..... **Maths set** ..... Set
5. **Your age is** ..... years ..... months A
6. **Your shoe size is** ..... S
7. **You have** ..... brothers **and** ..... sisters FS
8. **How many brothers and sisters are older than you?** ..... FP

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9a. **During the last 2 weeks, have you used a bicycle for any of these purposes?**
(Please circle an answer on each line.)

	Yes	No
Going to school	1	0
To do a paid job	1	0
Going to see friends, do shopping, riding round, etc.	1	0
For enjoyment (outings)	1	0
BMX type activities	1	0
For racing on road or track	1	0

9b. **Have you ever been on a Cycling Proficiency Training Course?** 1 0

9c. **If the answer to 9b is "No", could you have gone on one if you had wanted to?** 1 0

9d. **Would you go on an Advanced Cycling Training Course if you knew about one?** 1 0

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10a. **Have you ever been a passenger on a motorcycle?**

Never	0
A few times	1
Often	2

Circle ONE number only

	Yes	No
10b. **Do you intend learning to ride a moped or motorcycle?**	1	0
10c. **Have you signed up for motorcycle training by an expert, either at school or as a special course?**	1	0
10d. **Are you an "L" driver with a provisional licence for a moped or motorcycle?**	1	0
10e. **Have you taken a driving test for a moped or motorcycle?**		
Part 1	1	0
Part 2	1	0
10f. **Do you own a moped or motorcycle?**	1	0
11a. **Do you intend learning to drive a car?**	1	0
11b. **Have you ever tried to drive a car, even for a VERY short distance?**	1	0
11c. **Have you had driving lessons on the highway from any of these?** *(Please circle an answer on each line.)*		
Your parents	1	0
A relative or friend	1	0
A qualified driving instructor	1	0
11d. **Have you taken a driving test for a car?**	1	0
12. **Was any homework set for you yesterday?**	1	0

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13. **For how long did you watch television programmes (live or home-recorded) after school yesterday?**

Not at all	0
Less than 1 hour	1
More than 1 hour	2
More than 2 hours	3
More than 3 hours	4
More than 4 hours	5
More than 5 hours	6

Circle ONE number only

14. **For how long did you watch video films (bought or borrowed) after school yesterday?**

Not at all	0
Less than 1 hour	1
More than 1 hour	2
More than 2 hours	3
More than 3 hours	4
More than 4 hours	5
More than 5 hours	6

Circle ONE number only

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15. How long did you spend playing computer games after school yesterday?

Not at all	0	Circle ONE number only
Less than 1 hour	1	
More than 1 hour	2	
More than 2 hours	3	
More than 3 hours	4	
More than 4 hours	5	
More than 5 hours	6	

16. How long did you spend doing homework after school yesterday?

Not at all	0	Circle ONE number only
Less than 1 hour	1	
More than 1 hour	2	
More than 2 hours	3	
More than 3 hours	4	
More than 4 hours	5	

17. How long did you spend reading a book for pleasure at home yesterday?

Not at all	0	Circle ONE number only
Less than 1 hour	1	
More than 1 hour	2	
More than 2 hours	3	
More than 3 hours	4	
More than 4 hours	5	

18. Do you help at home (e.g. housework, gardening)?

Never	0	Circle ONE number only
Sometimes	1	
Most days	2	
Every day	3	

19a. Do you do a regular paid job during term time?

Yes	1	Circle ONE number only
No	0	

19b. If you do a regular paid job during term time, please describe the work you do as accurately as possible.

19c. When do you do this regular paid job?

19d. How many hours did you spend on your regular paid job last week?

hours

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Please do NOT write in the boxes

20. How much money did you receive last week as:

(a) **Your regular paid job?** *(If paid monthly, please calculate the weekly amount.)* £ ..... p [R]

(b) **Any other job you happened to do** £ ..... p [O]

(c) **Pocket money/allowance?** *(If paid monthly, please calculate the weekly amount.)* £ ..... p [60] [P]

(d) **A gift of money?** £ ..... p [G]

21. How much of your own money did you spend last week? £ ..... p [S]

22a. Do you keep money in any of the following savings schemes? *(Please circle an answer on each line.)*

	Yes	No
Bank	1	0
Building Society	1	0
Post Office	1	0
Other *(please state)*	1	0

[77] [P]

22b. What are your total savings in these schemes at the present time? £ ..... p

23. Have you spent money on any of the following in the last 4 weeks? *(Please circle an answer on each line.)*

	Yes	No
Sweets, chocolate, ice cream, etc.	1	0
Comics, magazines	1	0
Books	1	0
Cigarettes	1	0
Soft drinks	1	0
Alcoholic drinks	1	0
Going to discos, etc.	1	0
Bus fares, train fares	1	0
Clothes and footwear	1	0
Cosmetics	1	0
Records or audio tapes	1	0
School equipment	1	0
Football admission	1	0
Cinema	1	0
Video hire	1	0
Pets	1	0
Club subscriptions	1	0
Bicycle	1	0
Slot machines (space invaders, pinball, etc.)	1	0
Sports equipment	1	0
Computer equipment or games	1	0
Presents for other people	1	0
Jewellery	1	0
Leisure centre/sports centre	1	0

[17]

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★ 78 ▽ [ ][ ][ ] p

24. DURING THE PAST YEAR, which of the following activities did you take part in when they were in season? *(Please pick out the ones that concern you and circle the appropriate number in both sections.)*

IN SCHOOL: More than once a week	IN SCHOOL: Once a week	IN SCHOOL: At least once a month	IN SCHOOL: Rarely or never		OUT OF SCHOOL (including school clubs): More than once a week	OUT OF SCHOOL: Once a week	OUT OF SCHOOL: At least once a month	OUT OF SCHOOL: Rarely or never
3	2	1	0	Rowing	3	2	1	0
3	2	1	0	Squash	3	2	1	0
3	2	1	0	Basketball	3	2	1	0
3	2	1	0	Rugby	3	2	1	0
3	2	1	0	Soccer	3	2	1	0
3	2	1	0	Hockey	3	2	1	0
3	2	1	0	Swimming	3	2	1	0
3	2	1	0	Windsurfing	3	2	1	0
3	2	1	0	Cross-country	3	2	1	0
3	2	1	0	Trampolining	3	2	1	0
3	2	1	0	Competitive cycling	3	2	1	0
3	2	1	0	Roller/ice skating	3	2	1	0
3	2	1	0	Skiing	3	2	1	0
3	2	1	0	Netball	3	2	1	0
3	2	1	0	Jogging	3	2	1	0
3	2	1	0	Judo, karate, etc.	3	2	1	0
3	2	1	0	Gymnastics	3	2	1	0
3	2	1	0	Fitness exercises	3	2	1	0
3	2	1	0	Aerobics	3	2	1	0
3	2	1	0	Tennis	3	2	1	0
3	2	1	0	Water-skiing	3	2	1	0
3	2	1	0	Badminton	3	2	1	0
3	2	1	0	Track/field events	3	2	1	0
3	2	1	0	Table tennis	3	2	1	0
3	2	1	0	Weight training	3	2	1	0
3	2	1	0	Dancing	3	2	1	0
3	2	1	0	Canoeing	3	2	1	0
3	2	1	0	Sailing	3	2	1	0
3	2	1	0	Volleyball	3	2	1	0
3	2	1	0	Baseball	3	2	1	0
3	2	1	0	Cricket	3	2	1	0
3	2	1	0	Bowling/skittles	3	2	1	0
3	2	1	0	Rounders	3	2	1	0
3	2	1	0	Horse riding	3	2	1	0
3	2	1	0	Motor-cycling	3	2	1	0
3	2	1	0	Scrambling	3	2	1	0
3	2	1	0	Walking	3	2	1	0
3	2	1	0	Shooting	3	2	1	0
3	2	1	0	Fishing	3	2	1	0
3	2	1	0	Darts	3	2	1	0
3	2	1	0	Pool	3	2	1	0
3	2	1	0	Billiards	3	2	1	0
3	2	1	0	Snooker	3	2	1	0

Please do NOT write in the boxes

40 ▼ [ ][ ]
50 ▼ [ ][ ]
★ [ ][ ]
16 ▼ [ ][ ]
40 ▼ [ ][ ]

Now please check the list again, to make sure that you have not missed any items

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Please do NOT write in the boxes

25a. Within the last year, have you represented your school in any sporting activities? Yes / No

If "Yes", please list the sports:

Ba	Ru	Cr	Cr	Ba
Gy	Sw	Na	Ha	Ta
Cc	Tr	Id A	Ot	Tot

60 ▽

25b. Within the last year, have you represented a club outside school in any sporting activities? Yes / No

If "Yes", please list the sports:

Ba	Ru	Cr	Cr	Ba
Gy	Sw	Na	Ha	Ta
Cc	Tr	Id A	Ot	Tot

78 ▽ [ ][ ][ ] p

26a. Do you think that your parents usually like to hear about your ideas?
Yes ... 2
No ... 0
Don't know ... 1
Circle ONE number only

26b. When you have to say something in front of teachers, do you usually feel uneasy?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

26c. Are there lots of things about yourself you would like to change?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

26d. Do other pupils in the school often fall out with you?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

26e. Do you often feel lonely at school?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

26f. Do you think that other pupils in the school often say nasty things about you?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

26g. When you want to tell a teacher something, do you usually feel silly?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

26h. Do you often have to find new friends because your old friends are with somebody else?
Yes ... 0
No ... 2
Don't know ... 1
Circle ONE number only

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Please do NOT write in the boxes

26i. **Do you usually feel foolish when you talk to your parents?**

Yes	0	Circle ONE number only
No	2	
Don't know	1	

26j. **Do other people often think that you tell lies?**

Yes	0	Circle ONE number only
No	2	
Don't know	1	

Est

27. **Are you confident when swimming out of your depth?**

Yes	1	Circle ONE number only
No	0	

28. **Do you wash your hands after visiting the lavatory?**

Never or almost never	1	Circle ONE number only
Sometimes	2	
Whenever possible	3	

29. **How many times did you clean your teeth yesterday?**

Not at all	0	Circle ONE number only
Once	1	
Twice	2	
More than twice	3	

30. **How many times in the last 7 days have you washed your hair with soap, shampoo, or shower gel?**

..... times

31a. **How many times in the last 7 days have you had a bath or shower at school?**

Not at all	0	Circle ONE number only
Once	1	
2 or 3 times	2	
4 or 5 times	4	
6 or 7 times	6	

31b. **How many times in the last 7 days have you had a bath or shower at home or elsewhere?**

Not at all	0	Circle ONE number only
Once	1	
2 or 3 times	2	
4 or 5 times	4	
6 or 7 times	6	

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Please do NOT write in the boxes

32a. **How often do you use an anti-perspirant or deodorant?**

Never	0	Circle ONE number only
Some days	1	
Most days	2	
Every day	3	

32b. **If you use a deodorant, please indicate when you do so.**
(Please circle an answer on each line.)

	Yes	No
After washing	1	0
At other times	1	0

33. **During the last 7 days, on how many days have you used any of the following?**

	On doctor's orders	Not on doctor's orders	O	N
Aspirin, Paracetamol, etc.	..... days	..... days		
Cough drops or cough medicine	..... days	..... days		
Iron tablets	..... days	..... days		
Vitamin tablets	..... days	..... days		
Lemsip, Beecham's Powder, etc. (for colds)	..... days	..... days		
Milk of Magnesia, Milpar, etc. (for indigestion)	..... days	..... days		
Lotions or creams	..... days	..... days		

34. **When did you last use aspirin, paracetamol, or other similar pain-killer?**

In the last 7 days	1	Circle ONE number only
In the past 2 weeks	2	
In the past month	3	
In the past 3 months	4	
More than 3 months ago	5	

35. **When you last took medicine or pills that were not on doctor's orders, who decided that you should do so?**

You did	1	Circle ONE number only
Someone else did	2	

36a. **When did you last visit your doctor?**

Within the last week	1	Circle ONE number only
Within the last month	2	
Within the last 3 months	3	
Within the last 6 months	4	
Within the last year	5	
More than a year ago	6	

40

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Please do NOT write in the boxes

36b. **When you last visited your doctor, did you go into the surgery on your own?**

Yes	1	Circle ONE number only
No	0	

36c. **On this last visit, was the doctor a man or a woman?**

Man	1	Circle ONE number only
Woman	2	

36d. **If you wish, please describe briefly why you went to the doctor on this last visit.**

.....

.....

36e. **Did you feel at ease with your doctor on this last visit?**

No! Very uneasy	1	Circle ONE number only
No – a little uneasy	2	
Yes – at ease	3	

37. **Have you been vaccinated against:**

(a) Polio	Yes	3	Circle ONE number only
	No	1	
	Don't know	2	
(b) Tetanus	Yes	3	Circle ONE number only
	No	1	
	Don't know	2	
(c) Tuberculosis (BCG)	Yes	3	Circle ONE number only
	No	1	
	Don't know	2	

Girls only

(d) Rubella (German Measles)	Yes	3	Circle ONE number only
	No	1	
	Don't know	2	

Boys only

Please circle this number 9

38. **Have you had any First Aid instruction within the last 2 years?**
(Please circle an answer on each line.)

	Yes	No
Inside school	1	0
Outside school	1	0

39. **When did you last have a school dental inspection?**

Within the last 12 months	1	Circle ONE number only
Within the last 2 years	2	
More than 2 years ago	3	

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40a. **When did you last visit the dentist in his or her surgery?**

Within the last week	1	Circle ONE number only
Within the last month	2	
Within the last 3 months	3	
Within the last 6 months	4	
Within the last year	5	
More than a year ago	6	

40b. **What treatment or advice did the dentist give you on this last visit?** *(Please circle an answer on each line.)*

	Yes	No	
Fillings	1	0	
Extraction (having teeth out)	1	0	
Scaling and polishing	1	0	
Brace fitted or checked	1	0	
Other treatment	1	0	
Advice on 'flossing'	1	0	60
Advice on brushing	1	0	

41. **What is your main reason for cleaning your teeth?**
(Please circle one response only.)

You like your teeth to look nice	1	Circle ONE number only
To avoid wearing false teeth	2	
You like your breath to smell clean	3	
To avoid toothache and dental treatment	4	
You like your teeth and mouth to feel clean	5	

42. **What sort of lunch did you have yesterday?**

In school – served over counter	1	Circle ONE number only
In school – your own packed lunch	2	
Outside school – e.g. fish & chips, burger from shop	3	
Outside school – your own packed lunch from home	4	
At home	5	
Did not have any lunch	6	

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★ 77 ▽ P

43. *Please study each item in this list of foods and circle the appropriate answer in both sections.*

How much do you LIKE these foods?				FOOD LIST	How OFTEN do you eat these foods?			
A lot	*It's OK*	*Not much*	*Not at all*		*On most days*	*At least once a week*	*Less than once a week*	*Rarely or never*
3	2	1	0	White bread	3	2	1	0
3	2	1	0	Wholemeal bread	3	2	1	0
3	2	1	0	Other brown bread	3	2	1	0
3	2	1	0	Boiled potatoes	3	2	1	0
3	2	1	0	Jacket potatoes	3	2	1	0
3	2	1	0	Chips	3	2	1	0
3	2	1	0	Rice	3	2	1	0
3	2	1	0	Pasta, e.g. spaghetti	3	2	1	0
3	2	1	0	Skimmed/semi-skimmed milk	3	2	1	0
3	2	1	0	Other milk	3	2	1	0
3	2	1	0	Butter	3	2	1	0
3	2	1	0	Margarine	3	2	1	0
★ 3	2	1	0 ★	Cheese	3	2	1	0
3	2	1	0	Sugar-coated cereals	3	2	1	0
3	2	1	0	Bran cereals	3	2	1	0
3	2	1	0	Muesli	3	2	1	0
3	2	1	0	Other cereals	3	2	1	0
3	2	1	0	Fruit juices	3	2	1	0
3	2	1	0	Fizzy drinks	3	2	1	0
3	2	1	0	Oranges	3	2	1	0
3	2	1	0	Apples	3	2	1	0
3	2	1	0	Peas	3	2	1	0
3	2	1	0	Baked beans	3	2	1	0
3	2	1	0	Cabbage	3	2	1	0
3	2	1	0	Green beans	3	2	1	0
3	2	1	0	Cauliflower	3	2	1	0
3	2	1	0	Tomatoes	3	2	1	0
3	2	1	0	Carrots	3	2	1	0
3	2	1	0	Lettuce	3	2	1	0
3	2	1	0	Meat (e.g. lamb, beef, pork)	3	2	1	0
▽ 20 3	2	1	0	Burgers	3	2	1	0
3	2	1	0	Sausages	3	2	1	0
3	2	1	0	Bacon	3	2	1	0
3	2	1	0	Eggs	3	2	1	0
3	2	1	0	Fish/fish fingers	3	2	1	0
3	2	1	0	Liver	3	2	1	0
3	2	1	0	Salt	3	2	1	0
3	2	1	0	Crisps	3	2	1	0
3	2	1	0	Chocolate biscuits/sweet snacks	3	2	1	0
3	2	1	0	Cakes or tarts	3	2	1	0

▽ 40 ▽ 60

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Please do NOT write in the boxes

44. What sort of breakfast did you have this morning?
(Please circle the closest answer.)

Nothing at all	0	Circle ONE number only
Just something to drink	1	
Tinned or fresh fruit (+ drink)	2	
Cereal (+ drink)	3	
Bread or toast (+ drink)	4	
Cereal and bread/toast (+ drink)	5	
Just an egg (+ drink)	6	
Cooked breakfast with cereal, etc.	7	

45a. Have you ever tried to lose weight or to avoid putting on weight?

Yes	1	Circle ONE number only
No	0	

45b. If so, please describe what you did.

D

E

46. Have you ever tried to gain weight?

Yes	1	Circle ONE number only
No	0	

▽ 77

47. What is your weight?
(If necessary, please deduct 2 kg. for clothing.)

kg.

48. What is your height?

cm.

49a. Since this time yesterday, how many cigarettes have you smoked?

cigarettes

49b. Since this time last week, how many cigarettes have you smoked?

cigarettes

50. Smoking. Which of the following most nearly describes you?

I have never smoked a cigarette	0	Circle ONE number only
I have only ever tried smoking once or twice	1	
I used to smoke sometimes, but I don't now	2	
I smoke and I would like to give it up	3	
I do not want to give up smoking	4	

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51. Which adult do you get on best with?
(Please circle one response only.)

Mother	0	
Father	1	
Mother and father	2	
Brother or sister	3	Circle ONE number only
Other relation	4	
Teacher	5	
Friend	6	
Employer	7	
No-one	8	

52a. Have you got a regular boyfriend or girlfriend?

Yes	1	Circle ONE number only
No	0	

52b. If you have, how long has this relationship lasted?

Weeks	1	Circle ONE number only
Months	2	
A year	3	
More than a year	4	

53. When you meet new people of your own age and sex, how do you feel?

Very uneasy	1	Circle ONE number only
A little uneasy	2	
At ease	3	

54. When you meet new people of your own age and opposite sex, how do you feel?

Very uneasy	1	Circle ONE number only
A little uneasy	2	
At ease	3	

55. For close friends, whom do you have?

More people of your own sex	1	Circle ONE number only
About the same number of both sexes	2	
More people of the opposite sex	3	

56. When did you last go to a disco or dance in school or outside school?

Within the last week	1	Circle ONE number only
Within the last 2 weeks	2	
Within the last month	3	
Within the last 6 months	4	
Not within the last 6 months	5	
I have never been to either	6	

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Please do NOT write in the boxes

57. When you last went to a disco or a dance, in school or outside school, how did you go?

Alone	1	Circle ONE number only
With your parents	2	
With a friend or relation of the same sex	3	
With a friend or relation of the opposite sex	4	
With a group of friends of the same sex	5	
With a group of friends of the opposite sex	6	
With a group of friends of both sexes	7	

58. What is your main reason for going to a disco or dance?
(Please circle one response only.)

Because you don't want to feel left out	1	Circle ONE number only
To see your group of friends	2	
To drink alcohol	3	
To have a dance or enjoy the music	4	
To get away from home	5	
In the hope of getting more friendly with someone of the opposite sex	6	
Because it is the only place where you can meet people	7	

59a. Please indicate who or what is your main source of information about sex
(Please circle one response only.)

Your parents	1	Circle ONE number only
Your teachers	2	
Your friends	3	
Brothers, sisters, other close relations	4	
Doctor, Family Planning Association, etc	5	
Books, posters, magazines, television, etc	6	
Other sources *(Please state which)*	7	

21

59b. Who or what do you think should be your main source of information about sex?

60. Whenever you ride in the front seat of a car, how often do you fasten the seat belt? *(We know you are supposed to, but that is not the question!)*

Never	1	Circle ONE number only
A few times	2	
Most times	3	
Every time	4	

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Please do NOT write in the boxes

61. **If you have had any alcoholic drink since this time last week, on how many days did you do so?** ..... days

62. **Since this time last week, how much of the following have you drunk?**
(Assume that one small can = half a pint)

Shandy	pints	S	
Beer (including lager)	pints	B	
Cider	pints	C	
Wine	glasses	W	
Martini, Cinzano, vermouth, port, sherry	glasses	V	
Spirits (gin, whisky, vodka, brandy, Pernod, rum, Bacardi, etc.)	measures	S	

63. **If you drank alcohol since this time last week, where did you get it from?** *(Please circle an answer on each line.)* BZ

	Yes	No
Supermarket	1	0
Off-licence	1	0
The pub (or bar)	1	0
Your home	1	0
Friend's home	1	0
Relation's home	1	0
Disco or party	1	0
Somewhere else *(Please state where)*	1	0

40

64a. **Please say how many times you have visited a pub or bar within the last 2 weeks (even if you didn't drink anything)** ..... times

64b. **When you last went to a pub or bar, how did you go?**

I have never been in a pub	0
Alone	1
With your parents	2
With a friend or relation of the same sex	3
With a friend or relation of the opposite sex	4
With a group of friends of the same sex	5
With a group of friends of the opposite sex	6
With a group of friends of both sexes	7
With anyone else	8

Circle ONE number only

65. **What was the time when you got up this morning?**
(Please write the time.) .....

66. **What was the time when you went to bed last night?**
(Please write the time.) .....

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Please do NOT write in the boxes

67. **Do you think any of these better known drugs are dangerous to the user?**
(Please circle an answer on each line.)

		Yes	No
A	Amphetamines (e.g. speed, stimulants, uppers)	1	0
B	Barbiturates (e.g. barbies, bombers, downers, nembutal, seconal, sleepers)	1	0
C	Cannabis (leaf form, e.g. grass, hash, marijuana, pot)	1	0
D	Cannabis (oil or resin, e.g. Leb black)	1	0
E	Cocaine (e.g. coke, crack, snow)	1	0
F	Hallucinogens (natural, e.g. liberty cap, magic mushrooms)	1	0
G	Hallucinogens (synthetic, e.g. acid, angel dust, LSD)	1	0
H	Heroin (e.g. H, junk, skag, smack)	1	0
I	Solvents (e.g. aerosols, cleansing fluid, gas, glue, lighter fuel)	1	0
J	Tranquillisers (e.g. librium, valium)	1	0
	Any other *(Please write the name below)*	1	0

.....

68. **Have you used any of the above drugs except on a doctor's prescription?** ..... Yes / No

If "Yes", which? (Give letters) .....

A B C D E
F G H I J

22

69. **Have you ever been offered any of the drugs listed in Question 67?** ..... Yes / No

If "Yes", which? (Give letters) .....

A B C D E
F G H I J

70. **How many of your friends do you think take any of the drugs listed in Question 67?**

Several	2	*Circle ONE number only*
One or two	1	
None	0	

If any do, which drugs do they take?
(Give letters if you know which drugs are being taken.) .....

A B C D E
F G H I J

71. **Do you know where to obtain any of the drugs listed in Question 67?** ..... Yes / No

If "Yes", which? (Give letters) .....

A B C D E
F G H I J

337

335

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Please do NOT write in the boxes

72. **Have you ever been given information on drugs at school in class time?** ..... Yes / No

If Yes: *(a) Which year(s) were you in?* .....

(b) Please state which timetable period(s) .....

.....

73. **Do you think you should be given information on drugs at school?** ..... Yes / No

If Yes, at what age or ages should you be given information?

.....

74. **Have your parents ever talked to you about drugs?**

Never 0
Once or twice 1
Often 2

Circle ONE number only

60

75. **Please indicate which one of these drugs you think is the most dangerous**

Alcohol 1
Cannabis 2
Solvents 3
Tobacco 4

Circle ONE number only

76. **Which of the following best describes you?**

I have never tried cannabis 0
I have tried cannabis once or twice 1
I used to take cannabis but I don't now 2
I take cannabis occasionally 3
I take cannabis more than once a month but less than once a week 4
I take cannabis once a week or more 5

Circle ONE number only

77. **Have you ever seen anyone taking any of the drugs listed in Question 67, in real life?** ..... Yes / No

If Yes, which drugs were being taken? (Give letters)

.....

A B C D E
F G H I J

73 P

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78. **Please write down the names of any newspapers, magazines, comics, or other periodicals which you read regularly.**

National newspapers ..... QN ON
Local newspapers ..... L M/S
Magazines ..... W Hob
Comics ..... C Mu
Other ..... G O

Now please draw a circle round the names of any of the following national daily newspapers that are regularly in your home:

Express Guardian Mail Mirror Telegraph P
Times Independent Star Sun Today
Scotsman Daily Express (Scotland) Daily Record (Scotland)

79. **If you had a personal problem, with whom would you share it?**

Please think about the problem areas below, and against each problem write in one answer from this list of people:

Mother, father, mother and father, brother, sister, other relation, teacher, friend, employer, or no-one.

Problem Area	*Person with whom you share this problem*
School/College	
Money	
Family	
Health	
Friends	
Career	

77 C

THE END!

Thank you for completing this questionnaire.

The HEA Schools Health Education Unit as a resource for curriculum planning

The scale of the data presented in this publication makes it easy to forget that the Unit's principal concern is to support curriculum planning in schools. The national data bank is a by-product of this work.

The following notes are intended to help anyone wishing to carry out a Health Related Behaviour survey in the classroom, on a scale ranging from one year group in a single school to several year groups in a number of schools brought together for a joint survey.

1 Obtain the current Health Related Behaviour Questionnaire pack from the Unit (see address inside the front cover). This includes comprehensive instructions for its use.

2 Decide how many year groups are to be included in the survey. A sample of 100 pupils per year group, containing similar numbers of boys and girls and representing the whole ability range, is sufficient.

3 Individual copies of the Questionnaire may be obtained from the local office of the Health Authority, LEA, or ordered from the Unit.

4 Allow about 50 minutes for completion, although most pupils should take less time than this. It does not matter if the morning or afternoon is used, but the Questionnaire *should not be used on a Monday, since the previous day should have been a normal school day*. It is also helpful not to carry out the survey in the week following a holiday.

5 Return the completed and anonymous questionnaires, together with some information about the school, to the Unit for data-processing.

6 The results, in the form of tables resembling those in this book, will normally be received in 4–6 weeks. If demand on the service is very heavy, however, processing may be slightly delayed.

The Unit is always pleased to support co-operative surveys involving groups of schools. These may be organised by Health Authority or Local Education Authority personnel. For further information about such surveys, please contact the Director.

22b. What are your total savings in these schemes at the present time? ..... £82.00 p

77 | 3 | 0 | 0 | 8

23. Have you spent money on any of the following in the last 4 weeks?
(Please circle one answer on each line.)

	Yes	No
Sweets, chocolate, ice cream, etc.	(1)	0
Comics, magazines	(1)	0
Books	(1)	0
Cigarettes	1	(0)
ft drinks	(1)	0
holic drinks	(1)	0
to discos, etc.	1	(0)
, train fares	(1)	(0)
footwear	(1)	(0)
	(1)	0
o tapes	(1)	0
	1	(0)
	1	(0)
	1	(0)
	1	(0)
	(1)	0
	(1)	0
	1	(0)
all, etc.)	(1)	0
	(1)	0
	1	(0)
	(1)	0
	1	(0)
	1	(0)

77 | 3 | 0 | 8 | P

nswer in both sections.

How OFTEN do you eat these foods?

	On most days	At least once a week	Less than once a week	Rarely or never
	(3)	(2)	1	0
	(3)	(2)	1	0
	(3)	(2)	1	0
	3	2	1	0
	3	2	(1)	0
	3	2	1	0
	3	(2)	1	0
	3	2	1	0
	3	2	1	0
	3	2	(1)	0
	3	2	1	0
	3	(2)	1	0
	3	2	1	0
	3	2	1	0
	3	2	(1)	0
	3	2	1	0
	3	2	1	0
	3	2	1

END

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